

What is a Meal?
 You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
 Meat or meat alternate
 Choice of Vegetable
 Choice of Fruit
 Grain/Bread
 Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:
PB&J Uncrustable with Vegetable & Fruit Juice
Ham & Cheese Sandwich
Select Salads w/ roll
Yogurt Craveable w/ Goldfish Snack & String Cheese

Menu Subject To Change



Lunch Prices
 Student Reduced - \$0.00
 Student Paid- \$2.50
 Adult \$4.75

General Manager
 Ariel Cowperthwait
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ham, Egg & Cheese Sandwich Bagel or Chicken Nuggets with a Dinner Roll Featured Veggies: Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	2 Lasagna Roll Up Garlic Bread or Pepperoni Pizza Cheese Pizza Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
5 Italian Pizza Dunkers or All Beef Hot Dog On a Roll Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	6 BBQ Sloppy Joe On a Bun or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Steamed Diced Carrots Fresh Vegetables Choice of Fruit Choice of Milk	7 Macaroni & Cheese Garlic Bread Stick or Cheeseburger On a Roll Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	8 Sweet & Sour Chicken Over Rice or Chicken Nuggets with a Dinner Roll Featured Veggies: Oven Fries Fresh Vegetables Choice of Fruit Choice of Milk	9 Pierogis Dinner Roll or Pepperoni Pizza Cheese Pizza Featured Veggies: Peas Fresh Vegetables Choice of Fruit Choice of Milk
12 Stuffed Shells Garlic Bread Stick or Ham & Cheese On a Pretzel Roll Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	13 Chicken & Cheese Quesadilla or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	14 Popcorn Chicken Bowl with a Dinner Roll or Cheeseburger On a Roll Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	15 BBQ Pulled Pork On a Bun or Chicken Nuggets with a Dinner Roll Featured Veggies: Mixed Steamed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	16  Make up Day #1
19 Walking Tacos Tortilla Chips or Chicken Patty On a Bun Featured Veggies: Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk	20 Philly Cheesesteak On a Roll or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	21 Chicken & Gravy Over a Biscuit or Cheeseburger On a Roll Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	22 Penne Pasta & Meat Sauce Garlic Bread or Chicken Nuggets with a Dinner Roll Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	23 Italian Meatballs & Cheese On a Roll or Stuffed Crust Cheese Pizza Featured Veggies: Glazed Baby Carrots Fresh Vegetables Choice of Fruit Choice of Milk
26 Italian Dunkers Marinara Dipping Sauce or Turkey, Chesse & Bacon On a Pretzel Roll Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	27 Salisbury Steak with Gravy Over Noodles or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Steamed Diced Carrots Fresh Vegetables Choice of Fruit Choice of Milk	28 Texas Toast Grilled Cheese or Cheeseburger On a Roll Featured Veggies: Tomato Soup Fresh Vegetables Choice of Fruit Choice of Milk	29 French Toast Sticks Sausage Links or Chicken Nuggets with a Dinner Roll Featured Veggies: Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	1 Fish Sandwich or Cheese Pizza Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk