



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy - potatoes, corn, peas & lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
 Cheese Burger on a Bun
 Chicken Patty on a Bun
 Chicken Nuggets with Pretzel Stick

Daily Fresh Baked Pizza Selections:

Cheese, Pepperoni, Buffalo Chicken, White, Sausage or Specialty Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
 Strawberry Spinach Salad with Dinner Roll
 Chopped Garden Salad with Dinner Roll
 Buffalo Chicken Salad with Dinner Roll



Lunch Prices
 Student \$2.25
 Reduced \$.40
 Adult \$3.50

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USDA is an equal opportunity provider and employer.

Monday



8

Chicken Patty Sandwich

Hot Dog Bar

Featured Veggies:
 Oven Fries
 Baked Beans
 Choice of Fruit
 Choice of Milk

15



NO SCHOOL

22

General Tso Chicken Over Rice

Beef & Cheese Soft Taco On a Soft Tortilla

Featured Veggies:
 Steamed Broccoli
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

29

Chicken Bacon Ranch Panini Sandwich

Hot Dog Bar

Featured Veggies:
 Baked Beans
 Oven Fries
 Choice of Fruit
 Choice of Milk

Tuesday



9

Buffalo or Plain Popcorn
 Chicken with a Dinner Roll

Ham & Cheese on a Pretzel Roll

Featured Veggies:
 Au Gratin Potatoes
 Steamed Broccoli
 Choice of Fruit
 Choice of Milk

16

Chicken Tenders with a Dinner Roll

Texas Toasted Cheese Sandwich

Featured Veggies:
 Tomato Soup
 Tater Tots
 Choice of Fruit
 Choice of Milk

23

Mashed Potato Bowl with a Dinner Roll

Sloppy Joe Sandwich

Featured Veggies:
 Mashed Potatoes
 Steamed Corn
 Choice of Fruit
 Choice of Milk

30

Macaroni & Cheese with a Dinner Roll

Buffalo Chicken & Cheese Flatbread

Featured Veggies:
 Green Beans
 Coleslaw
 Choice of Fruit
 Choice of Milk

Wednesday

3

Spicy Chicken Sandwich

Mini Corn Dogs

Featured Veggies:
 Oven Fries
 Lettuce & Tomato
 Choice of Fruit
 Choice of Milk

10

Penne Pasta & Meatballs
 Garlic Bread Stick

Variety Pizza

Featured Veggies:
 Caesar Salad
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

17

Nachos Grande
 Tortilla Chips

Chicken Caesar Wrap

Featured Veggies:
 Steamed Corn
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

24

Penne Pasta & Meatballs
 Garlic Bread Stick

Variety Pizza

Featured Veggies:
 Italian Salad
 Baby Carrots
 Choice of Fruit
 Choice of Milk

31

Nachos Grande
 Tortilla Chips

American Deli Sub

Featured Veggies:
 Steamed Corn
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

Thursday

4

Chicken Tenders with a Dinner Roll

Italian Ciabatta Sandwich

Featured Veggies:
 Mashed Potatoes
 Green Beans
 Choice of Fruit
 Choice of Milk

11

French Toast with Sausage

Bacon, Egg & Cheese Croissant

Featured Veggies:
 Hash Browns
 Baby Carrots
 Choice of Fruit
 Choice of Milk

18

Hot Turkey Sandwich with Gravy

BBQ Rib Sandwich

Featured Veggies:
 Mashed Potatoes
 Mixed Vegetables
 Choice of Fruit
 Choice of Milk

25

Buffalo Chicken Salad with a Dinner Roll

Bacon Cheeseburger On a Bun

Featured Veggies:
 Curly Fries
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

1

Chicken Tenders with a Dinner Roll

BBQ Pulled Pork Sandwich

Featured Veggies:
 Mashed Potatoes
 Steamed Vegetables
 Choice of Fruit
 Choice of Milk

Friday

5

Taco Salad
 Tortilla Chips

Chicken & Cheese Burrito

Featured Veggies:
 Steamed Corn
 Baby Carrots
 Choice of Fruit
 Choice of Milk

12

Cowboy Burger
 (Onion Rings, BBQ & Cheese)

Fish Sandwich

Featured Veggies:
 Mini Peirogies
 Green Beans
 Choice of Fruit
 Choice of Milk

19

Pepperoni Roll

Corn Dog

Featured Veggies:
 Oven Potatoes
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

26

Chicken Patty Sandwich

Hot Italian Grinder

Featured Veggies:
 Tater Tots
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

2

Meatball Sub Sandwich

Spicy Chicken Sandwich

Featured Veggies:
 Potato Wedges
 Italian Salad
 Choice of Fruit
 Choice of Milk