



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



28

Chicken Tenders with a Dinner Roll or Turkey & Ham Ciabatta Club Sandwich

Featured Veggies:
 Au Gratin Potatoes
 Green Beans
 Choice of Fruit
 Choice of Milk

Tuesday



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Texas Toasted Cheese Sandwich

Beef & Cheese Burrito On a Soft Tortilla
Featured Veggies:
 Oven Fries
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

Wednesday

23

Chicken Nuggets with a Dinner Roll
 Pepperoni & Cheese Panini Melt
Featured Veggies:
 Oven Fries
 Spinach Salad
 Choice of Fruit
 Choice of Milk

30

Penne Pasta & Meatballs Garlic Bread Stick
 Hot Sausage w/Peppers & Onions On a Roll
Featured Veggies:
 Caesar Salad
 Baby Carrots
 Choice of Fruit
 Choice of Milk

Thursday

24

Hot Dog Bar or Spicy Chicken Sandwich
Featured Veggies:
 Baked Beans
 Tater Tots
 Choice of Fruit
 Choice of Milk

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Greek Gyro Lettuce, Tomato & Onion
 Chicken Patty Sandwich
Featured Veggies:
 Tater Tots
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

Friday

25

Taco Salad Tortilla Chips
 Cowboy Burger On a Bun
Featured Veggies:
 Steamed Corn
 Tomato & Cucumbers
 Choice of Fruit
 Choice of Milk

