



**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



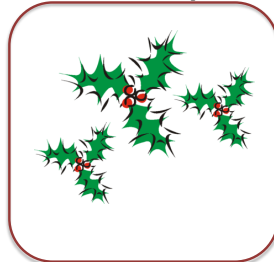
Lunch Prices  
 Student \$2.25  
 Reduced \$.40  
 Adult \$3.50

Director of Dining Services  
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**Monday**



4

Spicy Chicken Sandwich

Sloppy Joe Sandwich

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

11

General Tso Chicken over Brown Rice  
 BBQ Rib Sandwich

**Featured Veggies:**  
 Steamed Broccoli  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

18

Chicken Lo Mein Over Noodles  
 Beef & Cheese Soft Taco On a Soft Tortilla

**Featured Veggies:**  
 Oriental Vegetables  
 Lettuce & Salsa  
 Choice of Fruit  
 Choice of Milk

**Tuesday**



5

Buffalo or Plain Popcorn  
 Chicken with a Dinner Roll

Hot Ham & Cheese on a Pretzel Roll  
**Featured Veggies:**  
 Mini Pierogies  
 Green Beans  
 Choice of Fruit  
 Choice of Milk

12

Sausage, Egg & Cheese On a Croissant  
 Corn Dog

**Featured Veggies:**  
 Home Fries  
 Celery Sticks with Ranch  
 Choice of Fruit  
 Choice of Milk

19

Mashed Potato Bowl with a Dinner Roll  
 Hot Dog Bar

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

**Wednesday**



6

Nachos Grande  
 Tortilla Chips

Popcorn Shrimp Basket with a Dinner Roll  
**Featured Veggies:**  
 Steamed Corn  
 Lettuce & Salsa  
 Choice of Fruit  
 Choice of Milk

13

Penne Pasta & Meatballs  
 Garlic Bread Stick  
 Variety Pizza

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

20

Cheese Ravioli w/ Marinara Sauce & Breadstick  
 Chicken Patty Sandwich

**Featured Veggies:**  
 Italian Salad  
 Hummus & Chips  
 Choice of Fruit  
 Choice of Milk

**Thursday**



7

Hot Pork Sandwich with Gravy

Bacon Cheeseburger  
**Featured Veggies:**  
 Mashed Potatoes  
 Steamed Peas  
 Choice of Fruit  
 Choice of Milk

14

Beef or Chicken Greek Gyro In a Pita  
 Pepperoni & Cheese On Flat Bread

**Featured Veggies:**  
 Tater Tots  
 Hummus & Chips  
 Choice of Fruit  
 Choice of Milk

21

Buffalo Chicken Salad with a Dinner Roll  
 Cheeseburger On a Bun

**Featured Veggies:**  
 Curly Fries  
 Cherry Tomatoes  
 Choice of Fruit  
 Choice of Milk

**Friday**

1

Taco Salad  
 Tortilla Chips

Buffalo Chicken & Cheese Flat Bread  
**Featured Veggies:**  
 Curly Fries  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

8

Chicken & Cheese Enchilada

Foot Long Hot Dog  
**Featured Veggies:**  
 Tater Tots  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

15

Steak & Cheese w/ Onion & Peppers On a Roll

Chicken Tenders with a Dinner Roll  
**Featured Veggies:**  
 Oven Potatoes  
 Cucumber Salad  
 Choice of Fruit  
 Choice of Milk

22

Pizza Bar  


**Featured Veggies:**  
 Oven Fries  
 Veggies & Dip  
 Choice of Fruit  
 Choice of Milk

Happy  
Holidays!