



**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**



**6**

Breakfast Burrito Bar

Chili Cheese Dog

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

**13**

Crunchy Tacos  
 Tortilla Chips w/Salsa

Spicy Chicken Sandwich

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

**20**

Macaroni & Cheese with a Dinner Roll

Chicken Patty Sandwich

**Featured Veggies:**  
 Green Beans  
 Cole Slaw  
 Choice of Fruit  
 Choice of Milk

**27**



No School

**Tuesday**



**7**

Buffalo or Plain Popcorn  
 Chicken with a Dinner Roll

Turkey & Ham Ciabatta Club Sandwich

**Featured Veggies:**  
 Potato Smiles  
 Green Beans  
 Choice of Fruit  
 Choice of Milk

**14**

Italian Meatball Sub Sandwich

Mini Corn Dogs

**Featured Veggies:**  
 Tater Tots  
 Spinach Salad  
 Choice of Fruit  
 Choice of Milk

**21**

Chicken Tenders with a Dinner Roll

Beef & Cheese Burrito On a Soft Tortilla

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

**28**

General Tso Chicken Over Rice

Bacon Cheeseburger

**Featured Veggies:**  
 Steamed Broccoli  
 Cucumber Slices  
 Choice of Fruit  
 Choice of Milk

**Wednesday**

**1**

Nachos Grande  
 Tortilla Chips

Chicken & Cheese Enchilada

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

**8**

Penne Pasta & Meatballs  
 Garlic Bread Stick

Variety Pizza

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

**Thanksgiving Meal**

Turkey with Stuffing



Mashed Potatoes or Sweet Potatoes

Steamed Corn  
 Cranberry Sauce  
 Dessert  
 Choice of Fruit  
 Choice of Milk

**22**



No School

**29**

Penne Pasta & Meatballs  
 Garlic Bread Stick

Variety Pizza

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

**Thursday**

**2**

Baked Potato Bar with a Dinner Roll

Chicken Patty Sandwich

**Featured Veggies:**  
 Steamed Vegetables  
 Garden Salad  
 Choice of Fruit  
 Choice of Milk

**9**

Cheese Sticks with Sauce

Deluxe Cheeseburger

**Featured Veggies:**  
 Potato Wedges  
 Baked Beans  
 Choice of Fruit  
 Choice of Milk

**16**

Chicken Alfredo with Pasta  
 Garlic Bread Stick

Pittsburgh Cheese Steak Sandwich

**Featured Veggies:**  
 Steamed Broccoli  
 Hummus & Chips  
 Choice of Fruit  
 Choice of Milk

**23**



No School

**30**

Mashed Potato Bowl with a Dinner Roll

Hot Sausage Sandwich with Peppers & Onions

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

**Friday**

**3**

Popcorn Shrimp with a Dinner Roll

Pepperoni & Cheese Panini Melt

**Featured Veggies:**  
 Mini Pierogies  
 Coleslaw  
 Choice of Fruit  
 Choice of Milk

**10**

BBQ Chicken Fajita Salad with a Dinner Roll

Hot Italian Grinder Sub Sandwich

**Featured Veggies:**  
 Curly Fries  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

**17**

Texas Toasted Cheese Sandwich

Chicken Nuggets with a Dinner Roll

**Featured Veggies:**  
 Tomato Soup  
 Oven Potatoes  
 Choice of Fruit  
 Choice of Milk

**24**

No School

**1**

Taco Salad  
 Tortilla Chips

Buffalo Chicken & Cheese Flat Bread

**Featured Veggies:**  
 Curly Fries  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk