



**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**  
**Christine Bruno**  
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**Monday**



**5**

Chicken Nuggets with a Dinner Roll  
 Foot Long Hot Dog

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

**12**

Nachos Grande  
 Tortilla Chips  
 Chicken & Cheese Enchilada

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

**19**



NO SCHOOL

**26**

General Tso Chicken over Brown Rice

Cowboy Burger  
 (Onion Rings, BBQ Sauce & Cheese)  
**Featured Veggies:**  
 Steamed Broccoli  
 Hummus & Chips  
 Choice of Fruit  
 Choice of Milk

**Tuesday**



**6**

Oriental Chicken with a Dinner Roll  
 Hot Ham & Cheese Sandwich

**Featured Veggies:**  
 Lo Mein Noodles  
 Steamed Broccoli  
 Choice of Fruit  
 Choice of Milk

**13**

Chicken Tenders with a Dinner Roll  
 Sloppy Joe Sandwich

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

**20**

Spicy Chicken Sandwich  
 Cuban Sandwich On Flat Bread  
**Featured Veggies:**  
 Potato Wedges  
 Baked Beans  
 Choice of Fruit  
 Choice of Milk

**27**

Chicken Patty Sandwich  
 Hot Dog Bar

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

**Wednesday**



**7**

Penne Pasta & Meatballs  
 Garlic Bread Stick  
 Variety Pizza

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

**14**

Macaroni & Cheese with a Dinner Roll  
 Fish Sandwich

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

**21**

Penne Pasta & Meatballs  
 Garlic Bread Stick  
 Variety Pizza

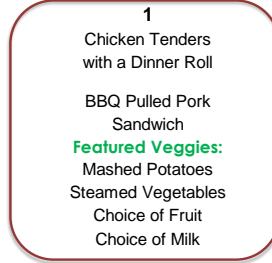
**Featured Veggies:**  
 Italian Salad  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

**28**

Nachos Grande  
 Tortilla Chips  
 Buffalo Chicken & Cheese Flatbread

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

**Thursday**



**1**

Chicken Tenders with a Dinner Roll  
 BBQ Pulled Pork Sandwich  
**Featured Veggies:**  
 Mashed Potatoes  
 Steamed Vegetables  
 Choice of Fruit  
 Choice of Milk

**8**

Pancakes with Sausage  
 Bacon, Egg & Cheese Croissant

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

**15**

Pepperoni Roll with Sauce  
 Mini Corn Dogs

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

**22**

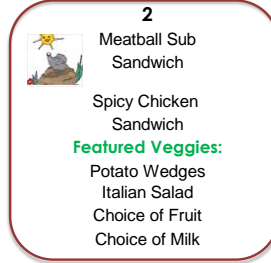
Buffalo Chicken Salad with a Dinner Roll  
 Beef & Cheese Burrito On a Soft Tortilla  
**Featured Veggies:**  
 Curly Fries  
 Celery Sticks with Ranch  
 Choice of Fruit  
 Choice of Milk

**1**

Mashed Potato Bowl with a Dinner Roll  
 BBQ Rib Sandwich

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

**Friday**



**2**

Meatball Sub Sandwich  
 Spicy Chicken Sandwich  
**Featured Veggies:**  
 Potato Wedges  
 Italian Salad  
 Choice of Fruit  
 Choice of Milk

**9**

Cheeseburger Bar  
 Bowl of Chili & Cheese Sticks

**Featured Veggies:**  
 Potato Wedges  
 Lettuce & Tomato  
 Choice of Fruit  
 Choice of Milk

**16**



NO SCHOOL

**23**

Popcorn Shrimp or Fish Nuggets with a Dinner Roll  
 Texas Toasted Cheese

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

**2**

Pasta Fagioli  
 Garlic Bread Stick  
 Fish Sandwich

**Featured Veggies:**  
 Coleslaw  
 Oven Fries  
 Choice of Fruit  
 Choice of Milk