



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



7
Buffalo Chicken Salad with a Dinner Roll
Bacon, Egg & Cheese Croissant
Featured Veggies:
Curly Fries
Baby Carrots
Choice of Fruit
Choice of Milk

14
General Tso Chicken Over Rice
Cheeseburger Bar
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

21
Buffalo or Plain Popcorn Chicken with a Dinner Roll
Sloppy Joe Sandwich
Featured Veggies:
Curly Fries
Steamed Vegetables
Choice of Fruit
Choice of Milk

28
*For those who have given
& those who continue to give...*
No School

Tuesday

1
Texas Toasted Cheese Sandwich
Grilled Bacon & Pepper Jack Chicken Sandwich
Featured Veggies:
Oven Fries
Lettuce & Tomato
Choice of Fruit
Choice of Milk

8
Plain or Garlic Parmesan Chicken Tenders w/Roll
Hot Ham & Cheese Sandwich
Featured Veggies:
Au Gratin Potatoes
Steamed Broccoli
Choice of Fruit
Choice of Milk

15
Macaroni & Cheese with a Dinner Roll
Spicy Chicken Sandwich
Featured Veggies:
Steamed Vegetables
Veggies & Dip
Choice of Fruit
Choice of Milk

22
Beef & Cheese Burrito On a Soft Tortilla
Chicken Patty Sandwich
Featured Veggies:
Oven Potatoes
Lettuce & Tomato
Choice of Fruit
Choice of Milk

29
COOK'S CHOICE
Choice of Fruit
Choice of Milk

Wednesday

2
Nachos Grande Tortilla Chips
Chicken Caesar Wrap
Featured Veggies:
Mexican Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

9
Penne Pasta & Meatballs
Garlic Bread Stick
Variety Pizza
Featured Veggies:
Caesar Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

16
Nachos Grande Tortilla Chips
Fish Nuggets w Roll & Fries Basket
Featured Veggies:
Steamed Corn
Lettuce & Tomato
Choice of Fruit
Choice of Milk

23
Penne Pasta & Meatballs
Garlic Bread Stick
Variety Pizza
Featured Veggies:
Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

30
COOK'S CHOICE
Choice of Fruit
Choice of Milk

Thursday

3
Mashed Potato Bowl with a Dinner Roll
Fish Sandwich
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

10
Crunchy Tacos with Tortilla Chips & Salsa
BBQ Sriracha Chicken Toaster Sandwich
Featured Veggies:
Streamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

17
Chicken Nuggets with a Dinner Roll
Italian Dunkers with Sauce
Featured Veggies:
Tater Tots
Hummus & Chips
Choice of Fruit
Choice of Milk

24
Taco Salad with Chicken or Beef
Bacon Cheeseburger
Featured Veggies:
Steamed Corn
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

31
COOK'S CHOICE
Choice of Fruit
Choice of Milk

Friday

4
Cowboy Burger (Onion Rings, BBQ Sauce & Cheese)
Chili & Cheese Dog
Featured Veggies:
Home Fries
Baby Carrots
Choice of Fruit
Choice of Milk

11
Mini Corn Dogs
Chicken Patty Sandwich
Featured Veggies:
Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

18

No School

25
Pepperoni Roll
Corn Dog
Featured Veggies:
Tater Tots
Baked Beans
Choice of Fruit
Choice of Milk

1
COOK'S CHOICE

Choice of Fruit
Choice of Milk