



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 Dinner Roll

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

www.payschoolscentral.com for online cafeteria payments

Director of Dining Services

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USDA is an equal opportunity provider and employer.

Monday



27

Chicken Tenders with a Dinner Roll
 BBQ Rib Sandwich

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

Tuesday

21

Chicken Nuggets with a Dinner Roll
 Hot Ham & Cheese Sandwich
Featured Veggies:
 Curly Fries
 Baby Carrots
 Choice of Fruit
 Choice of Milk

28

Sausage, Egg & Cheese Croissant
 Chicken Patty Sandwich

Featured Veggies:
 Home Fries
 Lettuce & Tomato
 Choice of Fruit
 Choice of Milk

Wednesday

22

Cheeseburger Bar
 Turkey Club Sub Sandwich
Featured Veggies:
 Tater Tots
 Lettuce & Tomato
 Choice of Fruit
 Choice of Milk

29

Penne Pasta & Meatballs
 Garlic Bread Stick
 Variety Pizza

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

Thursday

23

Spicy Chicken Sandwich
 Chili Cheese Dog
Featured Veggies:
 Baked Beans
 Steamed Broccoli
 Choice of Fruit
 Choice of Milk

30

Buffalo Chicken Salad with a Dinner Roll
 Bacon Cheeseburger

Featured Veggies:
 Oven Fries
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

Friday

24

Taco Salad
 Tortilla Chips
 Pepperoni & Cheese Flat Bread
Featured Veggies:
 Steamed Corn
 Veggies & Dip
 Choice of Fruit
 Choice of Milk

