



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

www.payschoolscentral.com for online cafeteria payments

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Happy Labor Day</p> <p>NO SCHOOL</p>	<p>4</p> <p>Chicken Patty On a Bun</p> <p>Mini Corn Dogs</p> <p>Featured Veggies: Baked Beans Oven Fries Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Nachos Grande Tortilla Chips</p> <p>Chicken & Cheese Quesadilla</p> <p>Featured Veggies: Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Popcorn Chicken with a Dinner Roll</p> <p>BBQ Pulled Pork Sandwich</p> <p>Featured Veggies: Potato Wedges Green Beans Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Meatball Sub Sandwich</p> <p>Spicy Chicken Sandwich</p> <p>Featured Veggies: Italian Salad Baby Carrots Choice of Fruit Choice of Milk</p>
<p>10</p> <p>Mashed Potato Bowl with a Dinner Roll</p> <p>Hot Sausage Sandwich with Grilled Peppers & Onions</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Crunchy Tacos with Chips & Salsa</p> <p>BBQ Sriracha Chicken Sandwich</p> <p>Featured Veggies: Tater Tots Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Penne Pasta & Meatballs Garlic Bread Stick</p> <p>Variety Pizza</p> <p>Featured Veggies: Spinach Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>13</p> <p>French Toast Sticks with Sausage</p> <p>Bacon, Egg & Cheese Croissant</p> <p>Featured Veggies: Hash Browns Baby Carrots Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Cheeseburger Bar</p> <p>Buffalo Chicken & Cheese Wrap</p> <p>Featured Veggies: Curly Fries Hummus & Chips Choice of Fruit Choice of Milk</p>
<p>17</p> <p>Chicken Parmesan Sandwich</p> <p>BBQ Rib Sandwich</p> <p>Featured Veggies: Oven Fries Romaine Salad Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Chicken Tenders with a Dinner Roll</p> <p>Sloppy Joe Sandwich</p> <p>Featured Veggies: Au Gratin Potatoes Steamed Peas Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Macaroni & Cheese with a Dinner Roll</p> <p>Beef & Cheese Burrito</p> <p>Featured Veggies: Green Beans Coleslaw Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Mini Corn Dogs</p> <p>Hot Italian Grinder Sandwich</p> <p>Featured Veggies: Tater Tots Baked Beans Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Spicy Chicken Sandwich</p> <p>Pepperoni & Cheese On Flat Bread</p> <p>Featured Veggies: Steamed Corn Lettuce & Tomato Choice of Fruit Choice of Milk</p>
<p>24</p> <p>General Tso Chicken over Brown Rice</p> <p>Hot Ham & Cheese On a Pretzel Roll</p> <p>Featured Veggies: Steamed Broccoli Hummus & Chips Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Texas Toasted Cheese Sandwich</p> <p>Grilled Chicken Sandwich</p> <p>Featured Veggies: Oven Fries Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Nachos Grande Tortilla Chips</p> <p>Chicken Caesar Wrap</p> <p>Featured Veggies: Coleslaw Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Mashed Potato Bowl with a Dinner Roll</p> <p>Fish Sandwich</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Cowboy Burger (Onion Rings, BBQ Sauce & Cheese)</p> <p>Chili Dog on a Bun</p> <p>Featured Veggies: Potato Wedges Baby Carrots Choice of Fruit Choice of Milk</p>