



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.

Menu subject to change

Monday

1

Beef or Chicken Gyro
On Flat Bread

Chicken Patty
Sandwich

Featured Veggies:
Oven Potatoes
Baked Beans
Choice of Fruit
Choice of Milk

8



NATIONAL SCHOOL LUNCH WEEK

No School

Tuesday

2

Baked Chicken
with a Dinner Roll

Bacon Cheeseburger

Featured Veggies:
Mashed Potatoes
Steamed Carrots
Choice of Fruit
Choice of Milk

9

Buffalo Chicken Salad
with Dinner Roll

Meatball Sub
Sandwich

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

Wednesday

3

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

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

10

Nachos Grande
Tortilla Chips

Hot Ham & Cheese
On a Pretzel Roll
Featured Veggies:
Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

4

Garlic or Plain Popcorn Chicken
with a Dinner Roll

Pittsburgh Cheese steak
Sandwich

Featured Veggies:
Curly Fries
Cucumber & Tomato Salad
Choice of Fruit
Choice of Milk

11

Macaroni & Cheese
with a Dinner Roll

Spicy Chicken
Sandwich

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

Friday

5



No School

12



Fall Cook Out
Grilled Cheeseburger

Grilled Foot Long Hot Dog
on a Bun



Featured Veggies:
Loaded Tots
Baked Beans
Choice of Fruit
Choice of Milk

15

Greek Salad
with a Dinner Roll

Chicken Cordon Bleu
Sandwich

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

16

Chicken Tenders
with a Dinner Roll

Sloppy Joe Sandwich

Featured Veggies:
Au Gratin Potatoes
Steamed Peas
Choice of Fruit
Choice of Milk

17

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

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

18

French Toast Sticks
with Sausage

Ham, Egg & Cheese
Croissant

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

19

Pepperoni Roll
With Sauce

Corn Dog

Featured Veggies:
Potato Wedges
Cucumber Slices
Choice of Fruit
Choice of Milk

22

General Tso Chicken
over Brown Rice

Hot Ham & Cheese
On a Pretzel Roll

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

23

Texas Toasted Cheese
Sandwich

Grilled Chicken
Sandwich

Featured Veggies:
Baked Potato
Lettuce & Tomato
Choice of Fruit
Choice of Milk

24

Nachos Grande
Tortilla Chips

Tuna Salad Sandwich

Featured Veggies:
Coleslaw
Cherry Tomatoes
Choice of Fruit
Choice of Milk

25

Mashed Potato Bowl
with a Dinner Roll

Fish Sandwich

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

26

Pierogie Meal

Buffalo Chicken Salad
with a Dinner Roll

Featured Veggies:
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

29

Salisbury Steak
with a Dinner Roll

Spicy Chicken Sandwich

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

30

Crunchy Tacos
Tortilla Chips & Salsa

BBQ Rib
Sandwich

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

31

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

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

