



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



5

Baked Chicken with a Dinner Roll
 Cheeseburger Bar

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

12

Chicken Tenders with a Dinner Roll
 Mini Corn Dogs

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

19

General Tso Chicken over Brown Rice

Fish Sandwich
Featured Veggies:
 Steamed Broccoli
 Veggies & Dip
 Choice of Fruit
 Choice of Milk

26



Tuesday



6

Meatball Sub Sandwich
 Popcorn Shrimp with a Dinner Roll
Featured Veggies:
 Oven Fries
 Italian Salad
 Choice of Fruit
 Choice of Milk

13

Taco Salad with Tortilla Chips
 Chicken Patty Sandwich
Featured Veggies:
 Oven Potatoes
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

20

Crunchy Tacos Tortilla Chips & Salsa
 Pepperoni & Cheese On Flat Bread
Featured Veggies:
 Steamed Corn
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

27

Spicy Chicken Sandwich
 Hot Dog Bar
Featured Veggies:
 Oven Fries
 Baby Carrots
 Choice of Fruit
 Choice of Milk

Wednesday



7

Nachos Grande Tortilla Chips
 Buffalo Chicken & Cheese Wrap On a Soft Tortilla
Featured Veggies:
 Steamed Corn
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

14

Thanksgiving Meal
 Turkey with Stuffing

 Mashed Potatoes
Featured Veggies:
 Steamed Corn
 Cranberry Sauce & Dessert
 Choice of Fruit
 Choice of Milk

21



28

Penne Pasta & Meatballs
 Garlic Bread Stick
 Variety Pizza
Featured Veggies:
 Spinach Salad
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

Thursday

1

Garlic or Plain Popcorn Chicken with a Dinner Roll
 Hot Sausage Sandwich w/Peppers & Onions
Featured Veggies:
 Curly Fries
 Green Beans
 Choice of Fruit
 Choice of Milk

8

Chicken Nuggets with a Dinner Roll
 Pittsburgh Cheese steak Sandwich
Featured Veggies:
 Tater Tots
 Steamed Mixed Vegetables
 Choice of Fruit
 Choice of Milk

15

Texas Toasted Cheese Sandwich
 Bacon Cheeseburger
Featured Veggies:
 Tomato Soup
 Tater Tots
 Choice of Fruit
 Choice of Milk

22



29

Chicken Nuggets with a Dinner Roll
 BBQ Rib Sandwich
Featured Veggies:
 Mashed Potatoes
 Steamed Vegetables
 Choice of Fruit
 Choice of Milk

Friday

2

Beef or Chicken Gyro On Flat Bread
 Cheese Sticks w/Sauce
Featured Veggies:
 Greek Salad
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

9

Spicy Chicken Sandwich
 Chili Dog
Featured Veggies:
 Curly Fries
 Baked Beans
 Choice of Fruit
 Choice of Milk

16

French Toast Sticks with Sausage
 Grilled Chicken Sandwich
Featured Veggies:
 Hash Browns
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

23



30

Bowl of Chili Cheese Sticks
 Ham, Egg & Cheese Croissant
Featured Veggies:
 Home Fries
 Cucumber Salad
 Choice of Fruit
 Choice of Milk