



**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](http://www.payschoolscentral.com) for online cafeteria payments

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USDA is an equal opportunity provider and employer.

*\*Menu subject to change\**

**Monday**



**7**

Salisbury Steak  
with a Dinner Roll

Chicken Patty  
Sandwich

**Featured Veggies:**  
Mashed Potatoes  
Green Beans  
Choice of Fruit  
Choice of Milk

**14**

Beef or Chicken Gyro  
On Flat Bread

Meatball & Cheese  
Sandwich

**Featured Veggies:**  
Greek Salad  
Cucumber Sauce  
Choice of Fruit  
Choice of Milk

**21**



No School

**28**

Cheesesteak w/Peppers & Onions  
On a Roll

Texas Toasted Cheese  
Sandwich

**Featured Veggies:**  
Potato Wedges  
Tomato Soup  
Choice of Fruit  
Choice of Milk

**Tuesday**



**8**

General Tso Chicken  
Over Rice

Hot Ham & Cheese  
On a Pretzel Roll

**Featured Veggies:**  
Steamed Broccoli  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**15**

French Toast Sticks  
with Sausage

Ham, Egg & Cheese  
Croissant

**Featured Veggies:**  
Triangle Potatoes  
Veggies & Dip  
Choice of Fruit  
Choice of Milk

**22**

Mini Corn Dogs

Spicy Chicken  
Sandwich

**Featured Veggies:**  
Baked Beans  
Oven Fries  
Choice of Fruit  
Choice of Milk

**29**

Chicken Parmesan  
Sandwich

Hot Dog Bar

**Featured Veggies:**  
Oven Fries  
Italian Salad  
Choice of Fruit  
Choice of Milk

**Wednesday**



**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

Chicken & Cheese Fajita  
On a Soft Tortilla

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

**23**

Penne Pasta & Meatballs  
Garlic Bread Stick

Variety Pizza

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

**30**

Nachos Grande  
Tortilla Chips

Chicken & Cheese Enchilada  
On a Soft Tortilla

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

**Thursday**

**3**

Fajita Chicken Salad  
with a Dinner Roll

Cheeseburger Bar

**Featured Veggies:**  
Curly Fries  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

**10**

Popcorn Chicken  
with a Dinner Roll

Hot Italian Grinder  
Sandwich

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

**17**

Macaroni & Cheese  
with a Dinner Roll

Popcorn Shrimp  
with a Dinner Roll

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

**24**

Mashed Potato Bowl  
with a Dinner Roll

BBQ Rib  
Sandwich

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

**31**

General Tso Chicken  
Over Rice

Pepperoni & Cheese  
On Flat Bread

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

**Friday**

**4**

Chicken Tenders  
with a Dinner Roll

Hot Sausage Sandwich  
w/Peppers & Onions

**Featured Veggies:**  
Oven Potatoes  
Veggies & Dip  
Choice of Fruit  
Choice of Milk

**11**

Texas Toasted Cheese  
Sandwich

Spicy Chicken  
Sandwich

**Featured Veggies:**  
Tater Tots  
Tomato Soup  
Choice of Fruit  
Choice of Milk

**18**

Bowl of Chili  
with Cheesesticks

Chicken Nuggets  
with a Dinner Roll

**Featured Veggies:**  
Potato Wedges  
Garden Salad  
Choice of Fruit  
Choice of Milk

**25**

Crunchy Tacos  
with Tortilla Chips

Bacon Cheeseburger  
On a Bun

**Featured Veggies:**  
Curly Fries  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk