

# LUNCH MENU

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price.

**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, and fat-free chocolate & white

**Weekly Vegetable Subgroups May Include:**

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Daily Entree Options include:**

**Garden Salad with Dinner Roll**

**PB&J Uncrustable with**

**String Cheese & Crackers**

**BUILD YOUR OWN PIZZA LUNCH KIT**

(Flat bread, Sauce, Cheese & Pepperoni)

Lunch Prices  
Student \$2.00  
Reduced \$1.40  
Adult \$3.50

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Popcorn Chicken with a Dinner Roll

Cheeseburger on a Bun

**Featured Veggies:**

Curly Fries  
Baby Carrots  
Choice of Fruit  
Choice of Milk

Beef & Cheese Soft Taco

Hot Ham & Cheese Croissant

**Featured Veggies:**

Steamed Corn  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

Macaroni & Cheese with a Dinner Roll

BBQ Rib Sandwich

**Featured Veggies:**

Mixed Vegetables  
Coleslaw  
Choice of Fruit  
Choice of Milk

Mini Corn Dogs

Pepperoni Pizza

**Featured Veggies:**

Potato Smiles  
Baked Beans  
Choice of Fruit  
Choice of Milk

Chicken Patty on a Bun

Cheese Sticks with Sauce

**Featured Veggies:**

Oven Fries  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

Meatball Sub Sandwich

Toasted Cheese Sandwich

**Featured Veggies:**

Italian Salad  
Baby Carrots  
Choice of Fruit  
Choice of Milk

Nachos Grande Tortilla Chips

Hot Dog on a Bun

**Featured Veggies:**

Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

Chicken Fries with a Dinner Roll

Cheesy Pizza

**Featured Veggies:**

Tater Tots  
Baked Beans  
Choice of Fruit  
Choice of Milk

Chicken Tenders with a Dinner Roll

Sloppy Joe Sandwich

**Featured Veggies:**

Curly Fries  
Mixed Vegetables  
Choice of Fruit  
Choice of Milk

Penne Pasta & Meatballs  
Garlic Bread Stick

Cowboy Burger (Onion Rings, Cheese & BBQ)

**Featured Veggies:**

Garden Salad  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

French Toast Sticks with Sausage

Pancake & Sausage Stick

**Featured Veggies:**

Triangle Potatoes  
Baby Carrots  
Choice of Fruit  
Choice of Milk

Chicken Patty On a Bun

Stuffed Crust Pizza

**Featured Veggies:**

Steamed Corn  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

General Tso Chicken over Rice

Hot Dog On a Bun

**Featured Veggies:**

Steamed Broccoli  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

Hamburger on a Bun w/ Lettuce & Tomato

Fish Nuggets with a Dinner Roll

**Featured Veggies:**

Curly Fries  
Coleslaw  
Choice of Fruit  
Choice of Milk

Nachos Grande Tortilla Chips

Turkey & Cheese Wrap

**Featured Veggies:**

Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

Chicken Nuggets with a Dinner Roll

BBQ Rib Sandwich

**Featured Veggies:**

Mashed Potatoes  
Peas & Carrots  
Choice of Fruit  
Choice of Milk

Pierogie Meal

Cheese Pizza

**Featured Veggies:**

Green Beans  
Garden Salad  
Choice of Fruit  
Choice of Milk

Chicken Fries with a Dinner Roll

American Deli Sub Sandwich

**Featured Veggies:**

Potato Smiles  
Baked Beans  
Choice of Fruit  
Choice of Milk

Beef & Cheese Soft Taco

Cheese Sticks with Sauce

**Featured Veggies:**

Steamed Corn  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

Pasta & Meatballs  
Garlic Bread Stick

Toasted Cheese Sandwich

**Featured Veggies:**

Italian Salad  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

Chicken Patty on a Bun

Popcorn Shrimp with a Dinner Roll

**Featured Veggies:**

Green Beans  
Coleslaw  
Choice of Fruit  
Choice of Milk