



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



4

Beef & Cheese
Soft Taco

Toasted Sriracha Chicken
Sandwich

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

Tuesday



5

Stir Fry Chicken
Over Rice

Cheeseburger Bar

Featured Veggies:
Steamed Broccoli
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Wednesday



6

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

Featured Veggies:
Caesar Salad
Sliced Cucumbers
Choice of Fruit
Choice of Milk

Thursday



7

Popcorn Chicken
with a Dinner Roll

BBQ Rib
Sandwich

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

Friday

1

Chicken Tenders
with a Dinner Roll

Hot Sausage Sandwich
w/Peppers & Onions
Featured Veggies:
Au Gratin Potatoes
Green Beans
Choice of Fruit
Choice of Milk

8

Buffalo Chicken Salad
with a Dinner Roll

Chili & Cheese Dog

Featured Veggies:
Curly Fries
Baked Beans
Choice of Fruit
Choice of Milk

11

Beef or Chicken Gyro
On Flat Bread

Meatball & Cheese
Sandwich

Featured Veggies:
Greek Salad
Hummus & Chips
Choice of Fruit
Choice of Milk

12

French Toast Sticks
with Sausage

Ham, Egg & Cheese
Croissant

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

13

Nachos Grande
Tortilla Chips

Chicken & Cheese Fajita
On a Soft Tortilla

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

14

Pepperoni Roll
with Sauce

Corn Dog

Featured Veggies:
Potato Wedges
Italian Salad
Choice of Fruit
Choice of Milk

15



No School

18



No School

19

Grilled Chicken BBQ & Bacon
Sandwich

Cheese Sticks & Sauce

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

20

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

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

21

Mashed Potato Bowl
with a Dinner Roll

Popcorn Shrimp
with a Dinner Roll
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

22

Crunchy Tacos
with Tortilla Chips

Bacon Cheeseburger
On a Bun
Featured Veggies:
Curly Fries
Lettuce & Tomato
Choice of Fruit
Choice of Milk

25

Buffalo Chicken
Wrap

Texas Toasted Cheese
Sandwich
Featured Veggies:
Potato Wedges
Tomato Soup
Choice of Fruit
Choice of Milk

26

Pierogie Meal
with a Dinner Roll

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

27

Nachos Grande
Tortilla Chips

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

28

General Tso Chicken
Over Rice

Pepperoni & Cheese
On Flat Bread
Featured Veggies:
Steamed Broccoli
Hummus & Chips
Choice of Fruit
Choice of Milk