



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

Home Opener Cookout

Grilled Cheeseburger

Foot Long Hot Dog

Featured Veggies:

Loaded Tots
Baked Beans
Choice of Fruit
Choice of Milk

8

Taco Salad
with Tortilla Chips

Cowboy Burger

Featured Veggies:

Steamed Corn
Curly Fries
Choice of Fruit
Choice of Milk

15

General Tso Chicken
Over Rice

Turkey Club Sub

Featured Veggies:

Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

22

Earth Day



No School

29

Meatball & Cheese
Sandwich

Chicken Patty
Sandwich

Featured Veggies:

Tater Tots
Garden Salad
Choice of Fruit
Choice of Milk

Tuesday

2

Beef or Chicken Gyro
on Flat Bread

Spicy Chicken Sandwich

Featured Veggies:

Greek Salad
Veggies & Dip
Choice of Fruit
Choice of Milk

9

Chicken Patty
Sandwich

Sloppy Joe
Sandwich

Featured Veggies:

Oven Potatoes
Hummus & Chips
Choice of Fruit
Choice of Milk

16

French Toast Sticks
with Sausage

Buffalo Chicken & Cheese
Wrap

Featured Veggies:

Triangle Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

23

Bacon Cheeseburger
On a Bun

Chicken Caesar Wrap

Featured Veggies:

Oven Potatoes
Cheesy Broccoli
Choice of Fruit
Choice of Milk

30

Buffalo Chicken Salad
with a Dinner Roll

Mini Corn Dogs

Featured Veggies:

Curly Fries
Sliced Cucumbers
Choice of Fruit
Choice of Milk

Wednesday

3

Nachos Grande
Tortilla Chips

Hot Sausage Sandwich
w/Peppers & Onions

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

10

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

Featured Veggies:

Caesar Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

17

Nachos Grande
Tortilla Chips

Hot Ham & Cheese
on a Pretzel Bun

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

24

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

Featured Veggies:

Italian Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Thursday

4

Chicken Nuggets
with a Dinner Roll

American Deli Sub
Sandwich

Featured Veggies:

Potato Wedges
Steamed Cauliflower & Broccoli
Choice of Fruit
Choice of Milk

11

Chicken Tenders
with a Dinner Roll

Cuban Sandwich
on a Ciabatta Roll

Featured Veggies:

Mashed Potatoes
Steamed Carrots
Choice of Fruit
Choice of Milk

18

Variety Pizza



Featured Veggies:

Oven Fries
Veggies & Dip
Choice of Fruit
Choice of Milk

25

Mashed Potato Bowl
with a Roll

Italian Grilled Cheese
Sandwich

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Friday

5

Macaroni & Cheese
with a Dinner Roll

Fish Sandwich

Featured Veggies:

Steamed Vegetables
Coleslaw
Choice of Fruit
Choice of Milk

12

Toasted Cheese
Sandwich

Popcorn Shrimp & Fries
Basket

Featured Veggies:

Tomato Soup
Curly Fries
Choice of Fruit
Choice of Milk

19



No School

26

Crunchy Tacos
with Tortilla Chips & Salsa

BBQ Rib
Sandwich

Featured Veggies:

Potato Wedges
Lettuce & Salsa
Choice of Fruit
Choice of Milk

