

### 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

### 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 may include:

**PB&J**

**Ham & Cheese Sandwich**

**Grilled Chicken Salad w/ roll**

**Fruit & Yogurt Lunch Pack  
w/Graham Snack & String Cheese**



### Lunch Prices

K-5 Student \$ 2.20 6th 7th \$2.60

Reduced \$.40

Adult \$3.35

### General Manager

Lou Kluck

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### Monday



**1**

Chili

or  
BBQ Ribby  
Sandwich

### Featured Veggies:

Rice  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

**15**



**22**

Corn Dog

or  
Chicken Nuggets

### Featured Veggies:

Peas  
Tater Tots  
Choice of Fruit  
Choice of Milk

**29**

Hot Dog Bar

or  
Chicken Mash Potato Bowl  
with a Dinner Roll

### Featured Veggies:

Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

### Tuesday

**2**

Chicken Patty  
On a Bun  
or  
Hot Dog on a roll

### Featured Veggies:

Oven Fries  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

**9**

Sausage & Peppers  
Sub  
or  
Walking Taco

### Featured Veggies:

Green Beans  
Salad  
Choice of Fruit  
Choice of Milk

**16**

ACT 80 DAY  
NO STUDENTS

**23**

Burger Bar

or  
Nachos Grande  
Tortilla Chips

### Featured Veggies:

Grape Tomatoes  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

**30**

Chicken Qesadillas

or  
Italian Grinder

### Featured Veggies:

Mexicali Corn  
Carrots  
Choice of Fruit  
Choice of Milk

### Wednesday

**3**

Oriental Chicken  
or  
Cheeseburger

### Featured Veggies:

Rice  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**10**

Build Your Own  
Burger  
or  
Mini Pancakes  
with Sausage

### Featured Veggies:

Fries  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**17**

Macaroni & Cheese

or  
Beef Taco  
On a Soft Tortilla

### Featured Veggies:

Rice  
Stewed Tomatoes  
Choice of Fruit  
Choice of Milk

**24**

Meatball Sub  
on a Bun  
or  
Chicken in Gravy  
Over a Biscuit

### Featured Veggies:

Oven Fries  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

**31**

Burger Bar

Chicken Broccoli  
Alfredo

### Featured Veggies:

Broccoli  
Fries  
Choice of Fruit  
Choice of Milk

### Thursday

**4**

Meatballs and Gravy  
over Rice  
or  
Chicken Fajitas

### Featured Veggies:

Rice  
Mexican Corn  
Choice of Fruit  
Choice of Milk

**11**

BBQ Pilled  
Pork  
or  
Beef & Mac  
Garlic Bread Stick

### Featured Veggies:

Garden Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

**18**

Cheesesteak

or  
Burger Bar

### Featured Veggies:

Fries  
Romaine Salad  
Choice of Fruit  
Choice of Milk

**25**

Hot Ham and Cheese  
on a Bun  
or  
Rotini & Meat Sauce  
Garlic Bread Stick

### Featured Veggies:

Beans  
Tossed Salad  
Choice of Fruit  
Choice of Milk

### Friday

**5**

Toasted Cheese  
Sandwich  
or  
Sloppy Joes  
On a Roll

### Featured Veggies:

Tots  
Tomato Soup  
Choice of Fruit  
Choice of Milk

**12**

Pierogies with  
Butter & Onions  
or  
Pizza

### Featured Veggies:

Garden Salad  
Sliced Cucumber  
Choice of Fruit  
Choice of Milk

**19**

Toasted Cheese  
Sandwich  
or  
Pizza

### Featured Veggies:

Oven Fries  
Tomato Soup  
Choice of Fruit  
Choice of Milk

**26**

Fish Sticks  
with Fries  
or  
Ravioli

### Featured Veggies:

Salad  
Fries  
Choice of Fruit  
Choice of Milk

