

### 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:

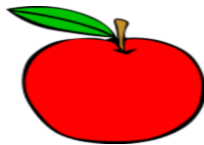
PB&J Jamwich with

String Cheese & Graham Snack

Daily Pizza Selections

Salad Bar Served Daily

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




Lunch Prices  
Student \$2.60  
Reduced \$.40  
Adult \$3.35

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USDA is an equal opportunity provider and employer.

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p><b>1</b></p>    | <p><b>2</b></p> <p>Chicken Patty Sandwich<br/>or<br/>Hot Dog Bar</p> <p><b>Featured Veggies:</b><br/>Grape Tomatoes<br/>Fries<br/>Choice of Fruit<br/>Choice of Milk</p>                             | <p><b>3</b></p> <p>Meatballs and Gravy over Rice<br/>or<br/>Burger Bar</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Rice<br/>Choice of Fruit<br/>Choice of Milk</p>                                       | <p><b>4</b></p> <p>Spaghetti with Meatsauce<br/>or<br/>Jacked Up Fries</p> <p><b>Featured Veggies:</b><br/>Grape Tomatoes<br/>Salad<br/>Choice of Fruit<br/>Choice of Milk</p>  | <p><b>5</b></p> <p>Sausage &amp; Pepper Sub<br/>or<br/>Pierogies</p> <p><b>Featured Veggies:</b><br/>Red Peppers<br/>Peas<br/>Choice of Fruit<br/>Choice of Milk</p>                           |
| <p><b>8</b></p> <p>Spicy Chicken On a Bun<br/>or<br/>Beef &amp; Cheddar Sandwich</p> <p><b>Featured Veggies:</b><br/>Fries<br/>Fresh Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p>           | <p><b>9</b></p> <p>BBQ Ribby On a Bun<br/>or<br/>Taco Bar</p> <p><b>Featured Veggies:</b><br/>Sliced Cucumbers<br/>Rice<br/>Choice of Fruit<br/>Choice of Milk</p>                                   | <p><b>10</b></p> <p>Cheesesteak<br/>or<br/>Cowboy Burger</p> <p><b>Featured Veggies:</b><br/>Tots<br/>Red Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p>  | <p><b>11</b></p> <p>Buffalo Chicken &amp; Cheese On Flat Bread<br/>or<br/>Beef &amp; Mac<br/>Garlic Bread Stick</p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Green Beans<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>12</b></p> <p>Toasted Cheese Sandwich<br/>or<br/>Hot Ham &amp; Cheese on Pretzel Bun</p> <p><b>Featured Veggies:</b><br/>Peas<br/>Tomato Soup<br/>Choice of Fruit<br/>Choice of Milk</p> |
| <p><b>15</b></p>    | <p><b>16</b></p> <p>ACT 80 DAY<br/><br/>STUDENTS</p>   | <p><b>17</b></p> <p>Buffalo Chicken Mac &amp; Cheese<br/>or<br/>Chicken Fajita On a Soft Tortilla</p> <p><b>Featured Veggies:</b><br/>Brown Rice<br/>Stewed Tomatoes<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>18</b></p> <p>Chili<br/>or<br/>Chicken Cordon Bleu Sandwich</p> <p><b>Featured Veggies:</b><br/>Steamed Rice<br/>Tots<br/>Choice of Fruit<br/>Choice of Milk</p>  | <p><b>19</b></p> <p>Italian Dunkers<br/>or<br/>Deli Bar</p> <p><b>Featured Veggies:</b><br/>Tossed Salad<br/>Steamed Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                        |
| <p><b>22</b></p> <p>Cowboy Burger On a Bun<br/>or<br/>Chicken Nuggets Assorted Sauces</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Carrots Sticks<br/>Choice of Fruit<br/>Choice of Milk</p>        | <p><b>23</b></p> <p>Buffalo Chicken Stromboli<br/>or<br/>Nachos Grande Tortilla Chips</p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Grape Tomatoes<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>24</b></p> <p>Brunch for Lunch<br/>or<br/>Jacked Up Fries</p> <p><b>Featured Veggies:</b><br/>Hash Browns<br/>Garden Salad<br/>Choice of Fruit<br/>Choice of Milk</p>                                     | <p><b>25</b></p> <p>General Tso Chicken<br/>or<br/>Burger Bar</p> <p><b>Featured Veggies:</b><br/>Broccoli<br/>Romaine Salad<br/>Choice of Fruit<br/>Choice of Milk</p>   | <p><b>26</b></p> <p>Chicken Quesadilla<br/>or<br/>Pasta Bar</p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Mexicali Corn<br/>Choice of Fruit<br/>Choice of Milk</p>                      |
| <p><b>29</b></p> <p>Assorted Pizza<br/>or<br/>Chicken Mash Potato Bowl with a Dinner Roll</p> <p><b>Featured Veggies:</b><br/>Mashed Potatoes<br/>Steamed Corn<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>30</b></p> <p>Chicken Alfredo<br/>or<br/>Hot Dog</p> <p><b>Featured Veggies:</b><br/>Grape Tomatoes<br/>Broccoli<br/>Choice of Fruit<br/>Choice of Milk</p>                                    | <p><b>31</b></p> <p>Chicken Parmesaen Sandwich<br/>or<br/>Sloppy Joe</p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Tatar Tots<br/>Choice of Fruit<br/>Choice of Milk</p>                                 |    |  |