



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

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week, which could include:
Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and Super Fruit.

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!
This Month.....

Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
	1 Chicken Turkey Club on wheat bread or Pizza Burger on a roll Featured Veggies: Seasoned Rice, Cherry Tomatoes, Choice of Milk/ Fruit, Chicken Noodle Soup	2 Chicken Alfredo with Breadstick or Corn Dog Featured Veggies: Steamed Peas, Carrot Sticks, Choice of Fruit, Choice of Milk	3 Cheese Steak On a Roll or Turkey & Cheese on a roll Featured Veggies: Tater Tots, Chic Pea Salad, Choice of Fruit, Choice of Milk	4 Pepperoni Pizza or BBQ Rib On a Bun Featured Veggies: Baked Zucchini, Steamed Carrots, Choice of Fruit, Choice of Milk
7 Pizza Casserole with a garlicstick or Corn Dog Featured Veggies: Romaine Salad, Tomato Wedges, Choice of Fruit, Choice of Milk	8 Ham & Cheese Sandwich on a pretzel roll or Pulled Pork on a roll Featured Veggies: Baked Beans, Red Pepper Strips, Choice of Fruit, Choice of Milk	9 Chicken Mash Potato Bowl with a Dinner Roll or Sloppy Joe on a roll Featured Veggies: Mashed Potatoes, Steamed Corn, Choice of Fruit, Choice of Milk	10 Stromboli or Cheeseburger on a roll Featured Veggies: Steamed Broccoli, Chic Pea Salad, Choice of Fruit, Choice of Milk	11 Cheese Pizza or Buffalo Chicken on flatbread Featured Veggies: Oven Fries, Cherry Tomatoes, Choice of Fruit, Choice of Milk
14 NO SCHOOL 	15 Toasted Cheese Sandwich or Hot dog On a Bun Featured Veggies: Tomato Soup, Tater Tots, Choice of Fruit, Choice of Milk	16 Meatball Sub or Turkey & Cheese Hoagie Featured Veggies: Steamed Corn, Tomato Wedges, Choice of Fruit, Choice of Milk	17 Corn Dog or Chicken Patty on a roll Featured Veggies: Curly Fries, Baked Beans, Choice of Fruit, Choice of Milk	18 Pepperoni Pizza or Cheese Burger On a Bun Featured Veggies: Oven Browned Sweet Potato, Fresh Broccoli, Choice of Fruit, Choice of Milk
21 Spaghetti & Meatballs with a garlicstick or Monte Cristo on French Toast Featured Veggies: Steamed Green Beans, Celery Sticks with Ranch, Choice of Fruit, Choice of Milk	22 Walking Taco Pretzel Sticks or Turkey Ranch Wrap Featured Veggies: Steamed Corn, Cherry Tomatoes, Choice of Fruit, Choice of Milk	23 Hot Turkey Sandwich or Cheeseburger on a roll Featured Veggies: Mashed Potatoes, Steamed Corn, Choice of Fruit, Choice of Milk	24 Chicken Cheese Quesadilla or Turkey & Cheese Melt On a Croissant Featured Veggies: Baked Beans, Baby Carrots, Choice of Fruit, Choice of Milk	25 Cheese Pizza or Nachos Grande Tortilla Chips Featured Veggies: Steamed Broccoli, Tomato Wedges, Choice of Fruit, Choice of Milk
28 Lasagna with breakfast or Sloppy Joe on a bun Featured Veggies: Steamed Green Beans, Romaine Salad, Choice of Fruit, Choice of Milk	29 Toasted Cheese or Hot Dog on a bun Featured Veggies: Tomato Soup, Baby Carrots, Choice of Fruit, Choice of Milk	30 Soft Taco on a tortilla shell or Turkey & Cheese on a bun Featured Veggies: Steamed Corn, Refried Beans, Choice of Milk	31 French Toast Sticks & Sausage Links or Ham & Cheese Hoagie on a roll Featured Veggies: Tri-tator Hashbrown, Cherry Tomatoes, Choice of Fruit, Choice of Milk	

All Student Lunches are Free
All a la carte and 2nd lunches are regular price
Adult Lunch 4.75

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