



**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!
				
<b>9</b> Pizza Casserole with a garlicstick or Corn Dog <b>Featured Veggies:</b> Romaine Salad Tomato Wedges Choice of Fruit Choice of Milk	<b>3</b> <b>10</b> Ham & Cheese Sandwich on a pretzel roll or Pulled Pork on a roll <b>Featured Veggies:</b> Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk	<b>4</b> Chicken Alfredo with Breadstick or Corn Dog <b>Featured Veggies:</b> Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk	<b>5</b> Cheese Steak On a Roll or Turkey & Cheese on a roll <b>Featured Veggies:</b> Tater Tots Chic Pea Salad Choice of Fruit Choice of Milk	<b>6</b> Pepperoni Pizza or BBQ Rib On a Bun <b>Featured Veggies:</b> Baked Zucchini Steamed Carrots Choice of Fruit Choice of Milk
<b>16</b> Chicken Nuggets w/ Roll or BBQ Rib Sandwich on a roll <b>Featured Veggies:</b> Scalloped Potatoes Red Pepper Strips Choice of Fruit Choice of Milk	<b>17</b> Toasted Cheese Sandwich or Hot dog On a Bun <b>Featured Veggies:</b> Tomato Soup Tater Tots Choice of Fruit Choice of Milk	<b>11</b> Chicken Mash Potato Bowl with a Dinner Roll or Sloppy Joe on a roll <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	<b>12</b> Stromboli or Cheeseburger on a roll <b>Featured Veggies:</b> Steamed Broccoli Chic Pea Salad Choice of Fruit Choice of Milk	<b>13</b> Cheese Pizza or Buffalo Chicken on flatbread <b>Featured Veggies:</b> Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk
		<b>18</b> Christmas Meal Baked Ham or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Holiday Treat Choice of Fruit Choice of Milk	<b>19</b> Corn Dog or Chicken Patty on a roll <b>Featured Veggies:</b> Curly Fries Baked Beans Choice of Fruit Choice of Milk	<b>20</b> Pepperoni Pizza or Cheese Burger On a Bun <b>Featured Veggies:</b> Oven Browned Sweet Potato Fresh Broccoli 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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USDA is an equal opportunity provider and employer.



**HAPPY NEW YEAR!**