



**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

**Featured Fruit May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**All Students receive 1 free breakfast**

Student Lunch Price

Full Price \$2.60

Reduced \$.40

Adult \$3.70

General Cafeteria Manager

Jaime Barnard

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>27</b> Chicken Nuggets with Dinner Roll PBJ Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>28</b> Ham and Cheese Hoagie</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>1</b> Oriental chicken with Rice</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>2</b> Spaghetti with meatsauce Breadstick PBJ Pizza</p> <p><b>Featured Veggies:</b> Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>3</b> Crunchy Beef Tacos</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p><b>6</b> Pulled Pork BBQ Sandwich PBJ Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>7</b> Hot Pocket</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>8</b> Taco Bar</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Corn Tossed Salad Choice of Fruit Choice of Milk</p>	<p><b>9</b> Chicken Potpie</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>10</b> Chicken Patty On a Roll PBJ Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p><b>13</b> Lasagna</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>14</b> Toasted Cheese Sandwich</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>15</b> Chicken Mashed Potato Bowl PBJ Pizza</p> <p><b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>16</b> Sausage Gravy with Biscuits PBJ Pizza</p> <p><b>Featured Veggies:</b> Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>17</b> Meatball Hoagie</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p><b>20</b> Popcorn Chicken with dinner roll PBJ Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>21</b> Ham and Cheese Hoagie</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>22</b> Salisbury Steak</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Mashed Potatoes Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>23</b> Crunchy Beef Tacos</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>24</b> Mini Corn Dogs</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p><b>27</b> Chicken Tender</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>28</b> Fish Sticks Macaroni and Cheese PBJ Pizza</p> <p><b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>29</b> Hot Dog on Roll</p> <p>PBJ Pizza</p> <p><b>Featured Veggies:</b> Sauerkraut Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p><b>30</b> Chili with Corn bread PBJ Pizza</p> <p><b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p><b>31</b> Italian DUNKERS with sauce PBJ Pizza</p> <p><b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>