



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

Lunch Prices
Student \$2.20
Reduced \$.40
Adult \$3.60

General Cafeteria Manager
Jaime Barnard

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USDA is an equal opportunity provider and employer.

Monday

MENU SUBJECT
TO CHANGE

Taco Tuesday

1

Fish Sticks

Chef Salad

Featured Veggies:

Oven Fries

Carrots

Apple Juice

Choice of Milk

Wednesday

2

Chicken Mashed Potato
Bowl

Chef Salad

Featured Veggies:

Apple Sauce

Choice of Milk

Thursday

3

Pepperoni Pizza

Chef Salad

Featured Veggies:

Carrots

Strawberry Cup

Choice of Milk

Pizza Friday!

4

No School

7

No School

8

Corn Dogs

Chef's Salad

Featured Veggies:

Baked Beans

Oven Fries

Apple Slices

Choice of Milk

9

Chicken Nuggets

Chef's Salad

Featured Veggies:

Oven Fries

Applesauce

Cucumber

Choice of Milk

10

Waffles
with sausage

Chef's Salad

Featured Veggies:

Hashbrown Patty

Orange Juice

Choice of Milk

11

Cheese Pizza

Chef's Salad

Featured Veggies:

Corn

Mixed Fruit

Choice of Milk

14

Ham & Cheese Hoagie

Chef's Salad

Featured Veggies:

Baked Beans

Apple Slice

Choice of Milk

15

Chicken Patty Sandwich

or

Chef's Salad

Featured Veggies:

Oven Fries

Mixed Vegetables

Pineapple

Choice of Milk

16

Spaghetti
with garlic bread

Chef's Salad

Featured Veggies:

Tossed Salad

Applesauce

Choice of Milk

17

Nacho Grande

Chef's Salad

Featured Veggies:

Corn

Grapes

Choice of Milk

18

Pepperoni Pizza

Chef's Salad

Featured Veggies:

Broccoli

Peach cup

Choice of Milk

21

Popcorn Chicken

Chef's Salad

Featured Veggies:

Oven Fries

Carrots

Peaches

Choice of Milk

22

Chicken Tenders

Chef's Salad

Featured Veggies:

Green Beans

Oven Fries

Pear cup

Choice of Milk

23

Pulled Pork Sandwich

Chef's Salad

Featured Veggies:

Apple Sauce

Choice of Milk

24

Chili
with soft pretzel

Chef's Salad

Featured Veggies:

Tossed Salad

Apple Slices

Choice of Milk

25

Cheese Pizza

Chef's Salad

Featured Veggies:

Oven Fries

Cucumber

Pear Cup

Choice of Milk

28

Hot Dog on roll

Chef's Salad

Featured Veggies:

Tater Tots

Baked Beans

Mandarin orange Cup

Choice of Milk

29

Fish Sticks
Macaroni and Cheese

Chef's Salad

Featured Veggies:

Cucumber

Peach Cup

Choice of Milk

30

Ham and Cheese
on Flatbread

Chef's Salad

Featured Veggies:

Tater Tots

Green Beans

Applesauce

Choice of Milk

1

2