



**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 \$2.50

Reduced \$.40

Adult \$3.60

**General Cafeteria Manager**

Jaime Barnard

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		Effective immediately until the end of the school year one Breakfast and one Lunch will be provided free for all students		
<b>1</b> Ham and Cheese Hoagie PBJ Pizza  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>2</b> Hot dog on roll  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>3</b> Chicken Tenders  PBJ Pizza  <b>Featured Veggies:</b> Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk	<b>4</b> Nacho Grande  PBJ Pizza  <b>Featured Veggies:</b> Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk	<b>5</b> Cheeseburger on roll  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
<b>8</b> Chicken Patty Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>9</b> Chicken Potpie  PBJ Pizza  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	<b>10</b> BBQ Rib Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>11</b> Chili with soft pretzel  PBJ Pizza  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	<b>12</b> Meatball Hoagie  PBJ Pizza  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
<b>15</b> Oriental Chicken with rice PBJ Pizza  <b>Featured Veggies:</b> Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	<b>16</b> Toasted Cheese Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	<b>17</b> Chicken Mashed Potato Bowl PBJ Pizza  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	<b>18</b> Pulled Pork Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Baked Beans Cranberry Sauce Choice of Fruit Choice of Milk	<b>19</b> Pepperoni Hot Pocket  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
<b>22</b> Ham and Cheese Hoagie  PBJ Pizza  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>23</b> Cheeseburger  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>24</b> Ham and Cheese on Pretzel Roll PBJ Pizza  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	<b>25</b> Fish Sandwich Macaroni and Cheese PBJ Pizza  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	<b>26</b> Chicken Nuggets with roll  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk