



**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

**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> Chicken Fajitas on soft tortilla PBJ Pizza  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	<b>2</b> Mini Corn Dogs  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>3</b> Hot Dog with sauerkraut  PBJ Pizza  <b>Featured Veggies:</b> Mashed Potato Choice of fresh veggie Choice of Fruit Choice of Milk	<b>4</b> Toasted Cheese Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	<b>5</b> Pulled Pork BBQ Sandwich PBJ Pizza  <b>Featured Veggies:</b> Baked Potato Choice of fresh veggie Choice of Fruit Choice of Milk
<b>8</b> Turkey & Cheese Hoagie  PBJ Pizza  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>9</b> Nachos Grande  PBJ Pizza  <b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>10</b> Fish Sandwich Macaroni and Cheese PBJ Pizza  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	<b>11</b>  No School	<b>12</b> Chicken Nuggets with dinner roll PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
<b>15</b> Chicken Potpie  PBJ Pizza  <b>Featured Veggies:</b> Peas Choice of fresh veggie Choice of Fruit Choice of Milk	<b>16</b> Cheese Steakum Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>17</b> Italian Dunkers  PBJ Pizza  <b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>18</b> Thanksgiving Meal Sliced Turkey Stuffing Dessert  <b>Featured Veggies:</b> Steamed Green Beans Cranberry Sauce Choice of Fruit Choice of Milk	<b>19</b> Cheeseburger  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> Crunchy Tacos  PBJ Pizza  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	<b>24</b>  No School	<b>25</b>  No School	<b>26</b>  No School