



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>31</p> <p>Ham and Cheese Hoagie</p> <p>PB&J Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Crunchy Tacos</p> <p>PB&J Pizza</p> <p>Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Oriental chicken with Rice</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Chicken Tenders</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Potato and Cheese Pierogy</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>7</p> <p>Cheeseburger on Roll</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Corn Dogs</p> <p>PB&J Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Taco Bar</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Chicken Nuggets</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>11</p> <p>No School</p>
<p>14</p> <p>Turkey and Cheese Hoagie</p> <p>PB&J Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Chicken Patty Sandwich</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Spaghetti with garlic bread</p> <p>PB&J Pizza</p> <p>Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Nacho Grande</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Pulled Pork Sandwich</p> <p>PB&J Pizza</p> <p>Featured Veggies: Cheesy Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>21</p> <p>Italian Dunkers</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Popcorn Shrimp</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</p>
<p>28</p> <p>No School</p>	<p>29</p> <p>No School</p>	<p>30</p> <p>Chicken Mashed Potato Bowl PB&J Pizza</p> <p>Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Toasted Cheese Sandwich</p> <p>PB&J Pizza</p> <p>Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Ravioli</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk</p>