

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

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES.

Daily entrée options may include:
Sunbutter and Jelly on WG Sliced Bread,
Gluten free alternative
WG= Whole Grain

Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!

Lunch Prices

Student \$0.00

Adult \$0.00

General Manager

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Email

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USDA is an equal opportunity provider and employer



Monday

21

Breakfast



Tuesday

22

Breakfast

Breakfast Pizza or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Tuna Salad Croissant
Sweet and Sour Meatballs w/ Pasta
Mixed Veggies
Choice of Fruit Veggie and Milk

Wednesday

23

Breakfast

Bagel w/ Cream Cheese or Jelly or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

BBQ Chicken Wrap
Choice of Fruit Veggie and Milk

Thursday

24

Breakfast

Belgian Waffle w/ Syrup or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Fish Sticks w/ Crackers
Garlic Asparagus
Choice of Fruit Veggie and Milk

Friday

25

Breakfast

Breakfast on a Stick or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Cheese Pizza Sticks w/ Sauce
Broccoli
Choice of Fruit Veggie and Milk

28

Breakfast

Pancakes w/ Syrup or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Stuffed Shells w/ Dinner Roll
Green Beans
Choice of Fruit Veggie and Milk

29

Breakfast

Breakfast Pizza or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Steamed Corn
Choice of Fruit Veggie and Milk

30

Breakfast

Bagel w/ Cream Cheese or Jelly or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Chicken Patty
Brussel Sprouts
Choice of Fruit Veggie and Milk

1

Breakfast

Belgian Waffle w/ Syrup or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Mini Corn Dogs
Meatball Hoagie
Choice of Fruit Veggie and Milk

2

Breakfast

WG Donuts or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Stuffed Crust Pizza
Choice of Fruit Veggie and Milk

5

Breakfast

French Toast w/ Syrup or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Breakfast for Lunch!
French Toast Sticks, Egg
Sausage and Hashbrowns
Choice of Fruit Veggie and Milk

6

Breakfast

Breakfast Pizza or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Walking Taco
Chicken Quesidilla Pizza
Steamed Corn
Choice of Fruit Veggie and Milk

7

Breakfast

Cream Cheese Bagel or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Mac N Cheese
Pulled Pork Sandwich
Green Beans
Choice of Fruit Veggie and Milk

8

Breakfast

Belgian Waffle w/ Syrup or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Cheeseburger
Baked Beans
Choice of Fruit Veggie and Milk

9

Breakfast

Breakfast on a Stick or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

French Bread Pizza
Hot Dog
Glazed Carrots
Choice of Fruit Veggie and Milk

12

Breakfast

Pancakes w/ Syrup
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Rib Sandwich
Grilled Cheese w/ Tomato Soup
Green Beans
Choice of Fruit Veggie and Milk

13

Breakfast

Breakfast Pizza or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Beef Tacos
Corn Dog
Corn on the Cobb
Choice of Fruit Veggie and Milk

14

Breakfast

Bagel w/ Cream Cheese or Jelly or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Dino Nuggets w/ Roll
Brussel Sprouts
Choice of Fruit Veggie and Milk

15

Breakfast

Belgian Waffle w/ Syrup or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Pasta w/ Meat Sauce
Italian Chicken Sandwich
Broccoli
Choice of Fruit Veggie and Milk

16

Breakfast

Donuts or Cereal
Apple and Fruit Juice
1% White or Skim Milk

Lunch

Spicy Chicken Sandwich
Pepperoni and Cheese Calzone
Carrots
Choice of Fruit Veggie and Milk

