

LUNCH MENU

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 & white

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

Daily Entree Options include:

Garden Salad with Dinner Roll

PB&J Uncrustable with

String Cheese & Crackers

BUILD YOUR OWN PIZZA LUNCH KIT

(Flat bread, Sauce, Cheese & Pepperoni)

USDA is an equal opportunity provider and employer.

Menu Subject to Change

****Equivalent Brand Name Products are Acceptable****

Monday

Tuesday

Wednesday

Thursday

Friday

Popcorn Chicken with a Dinner Roll

Cheeseburger on a Bun

Featured Veggies:

Curly Fries
Baby Carrots
Choice of Fruit
Choice of Milk

Beef & Cheese Soft Taco

Hot Ham & Cheese Croissant

Featured Veggies:

Steamed Corn
Lettuce & Tomato
Choice of Fruit
Choice of Milk

Macaroni & Cheese with a Dinner Roll

BBQ Rib Sandwich

Featured Veggies:

Mixed Vegetables
Coleslaw
Choice of Fruit
Choice of Milk

Mini Corn Dogs

Pepperoni Pizza

Featured Veggies:

Potato Smiles
Baked Beans
Choice of Fruit
Choice of Milk

Chicken Patty on a Bun

Cheese Sticks with Sauce

Featured Veggies:

Oven Fries
Lettuce & Tomato
Choice of Fruit
Choice of Milk

Meatball Sub Sandwich

Toasted Cheese Sandwich

Featured Veggies:

Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

Nachos Grande Tortilla Chips

Hot Dog on a Bun

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Chicken Fries with a Dinner Roll

Cheesy Pizza

Featured Veggies:

Tater Tots
Baked Beans
Choice of Fruit
Choice of Milk

Chicken Tenders with a Dinner Roll

Sloppy Joe Sandwich

Featured Veggies:

Curly Fries
Mixed Vegetables
Choice of Fruit
Choice of Milk

Penne Pasta & Meatballs
Garlic Bread Stick

Cowboy Burger (Onion Rings, Cheese & BBQ)

Featured Veggies:

Garden Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

French Toast Sticks with Sausage

Pancake & Sausage Stick

Featured Veggies:

Triangle Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

Chicken Patty On a Bun

Stuffed Crust Pizza

Featured Veggies:

Steamed Corn
Lettuce & Tomato
Choice of Fruit
Choice of Milk

General Tso Chicken over Rice

Hot Dog On a Bun

Featured Veggies:

Steamed Broccoli
Hummus & Chips
Choice of Fruit
Choice of Milk

Hamburger on a Bun w/ Lettuce & Tomato

Fish Nuggets with a Dinner Roll

Featured Veggies:

Curly Fries
Coleslaw
Choice of Fruit
Choice of Milk

Nachos Grande Tortilla Chips

Turkey & Cheese Wrap

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Chicken Nuggets with a Dinner Roll

BBQ Rib Sandwich

Featured Veggies:

Mashed Potatoes
Peas & Carrots
Choice of Fruit
Choice of Milk

Pierogie Meal

Cheese Pizza

Featured Veggies:

Green Beans
Garden Salad
Choice of Fruit
Choice of Milk

Chicken Fries with a Dinner Roll

American Deli Sub Sandwich

Featured Veggies:

Potato Smiles
Baked Beans
Choice of Fruit
Choice of Milk

Beef & Cheese Soft Taco

Cheese Sticks with Sauce

Featured Veggies:

Steamed Corn
Lettuce & Tomato
Choice of Fruit
Choice of Milk

Pasta & Meatballs
Garlic Bread Stick

Toasted Cheese Sandwich

Featured Veggies:

Italian Salad
Cucumber Slices
Choice of Fruit
Choice of Milk

Chicken Patty on a Bun

Popcorn Shrimp with a Dinner Roll

Featured Veggies:

Green Beans
Coleslaw
Choice of Fruit
Choice of Milk