



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Chicken Nuggets with Pretzel Stick

Daily Fresh Baked Pizza Selections:

Cheese, Pepperoni, Buffalo Chicken, White, Sausage or Specialty Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Strawberry Spinach Salad with Dinner Roll
Chopped Garden Salad with Dinner Roll
Buffalo Chicken Salad with Dinner Roll



Monday

1



Tuesday

2

Bowl of Chili with Cheese Sticks

Pizza
Deli Sandwich
Featured Veggies:
Garden Salad
Veggies & Dip
Choice of Fruit
Choice of Milk

Wednesday

3

Buffalo Chicken & Cheese Wrap

Pizza
Deli Sandwich
Featured Veggies:
Oven Fries
Lettuce & Tomato
Choice of Fruit
Choice of Milk

Thursday

4

General Tso Chicken Over Rice

Pizza
Deli Sandwich
Featured Veggies:
Steamed Broccoli
Hummus
Choice of Fruit
Choice of Milk

Friday

5

Pirates Home Opener Cookout
Grilled Burgers & Dogs



Pizza
Deli Sandwich
Featured Veggies:
Loaded Tots
Baked Beans
Choice of Fruit
Choice of Milk

8

Chicken Nuggets with a Dinner Roll

Pizza
Deli Sandwich
Featured Veggies:
Tater Tots
Steamed Vegetables
Choice of Fruit
Choice of Milk

9

BBQ Rib Sandwich

Pizza
Deli Sandwich
Featured Veggies:
Pierogies
Green Beans
Choice of Fruit
Choice of Milk

10

Crunchy Tacos Spanish Rice

Pizza
Deli Sandwich
Featured Veggies:
Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

11

Penne Pasta & Meatballs
Garlic Bread Stick

Deli Sandwich
Featured Veggies:
Spinach Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

12

Teriyaki Chicken Salad with a Dinner Roll

Pizza
Deli Sandwich
Featured Veggies:
Curly Fries
Sliced Cucumbers
Choice of Fruit
Choice of Milk

15

Beef or Chicken Gyro on Flat Bread

Pizza
Deli Sandwich
Featured Veggies:
Greek Salad
Hummus
Choice of Fruit
Choice of Milk

16

Hot Ham & Cheese Croissant

Pizza
Deli Sandwich
Featured Veggies:
Chicken Noodle Soup
Veggies & Dip
Choice of Fruit
Choice of Milk

17

Chicken Tenders with a Dinner Roll

Pizza
Deli Sandwich
Featured Veggies:
Oven Fries
Steamed Vegetables
Choice of Fruit
Choice of Milk

18

Nachos Grande
Tortilla Chips

Pizza
Deli Sandwich
Featured Veggies:
Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

19



No School

22

Cowboy Burger (Onion Rings, Cheese & BBQ)

Pizza
Deli Sandwich
Featured Veggies:
Tater Tots
Lettuce & Tomato
Choice of Fruit
Choice of Milk

23

Pepperoni Roll with Sauce

Pizza
Deli Sandwich
Featured Veggies:
Oven Fries
Romaine Salad
Choice of Fruit
Choice of Milk

24

Toasted Cheese Sandwich

Pizza
Deli Sandwich
Featured Veggies:
Tomato Soup
Veggies & Dip
Choice of Fruit
Choice of Milk

25

Penne Pasta & Meatballs
Garlic Bread Stick

Deli Sandwich
Featured Veggies:
Caesar Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

26

Popcorn Chicken Bowl with a Dinner Roll

Pizza
Deli Sandwich
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

29

Dip & Dust Wing Bar with a Dinner Roll

Pizza
Deli Sandwich
Featured Veggies:
Oven Fries
Carrot & Celery Sticks
Choice of Fruit
Choice of Milk

30

Mini Corn Dogs

Pizza
Deli Sandwich
Featured Veggies:
Potato Wedges
Cucumber Slices
Choice of Fruit
Choice of Milk

