



**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, vanilla 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  
 Wide Variety of Homemade Pizza

**UP FOR GRABS**  
 Chicken Caesar Salad with Dinner Rolls  
 Strawberry Spinach Salad with Dinner Rolls  
 Chef Salad with Dinner Rolls  
 Crispy Chicken Salad with Dinner Rolls

Asian BBQ Chicken Wrap  
 Chicken Caesar Wrap  
 Club Sandwich Wrap

Turkey & Cheese Flat Bread  
 Buffalo Chicken Roll Up Wrap  
 Turkey & Spinach Roll Up Wrap






Lunch Prices  
 Student \$2.75  
 Reduced \$.40  
 Adult \$3.75

**Chris Ammon - General Manager**  
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**Kathy Gilson - Food Service Support**  
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USDA is an equal opportunity

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ASIAN BAR</b> GENERAL TSO'S CHICKEN, ASIAN MEATBALLS, SWEET & SOUR CHICKEN ON A BED OF RICE OF YOUR CHOICE OR LO MEIN NOODLES				
7 	8 <b>NO SCHOOL</b> 	9 <b>NO SCHOOL</b> 	10 Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub <b>Featured Veggies:</b> Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple / Milk	11 Walking Loco Taco with Dinner Roll or Chicken Fajita Wrap <b>Featured Veggies:</b> Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk
<b>BUILD-A-BURGER BAR</b> A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS				
14 Meatball Sub with Mozzarella Cheese or Spicy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Mixed Vegetables Crispy Tater Tots Chilled Pears / Milk	15 Chicken Alfredo Pasta with Garlic Breadstick or Chili Dog and Corn Chips <b>Featured Veggies:</b> Steamed Peas Fresh Romaine Salad Chilled Applesauce / Milk	16 Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll <b>Featured Veggies:</b> Mashed Potatoes Fresh Red Pepper Strips Chilled Pineapple / Milk	17 Toasted Cheese Sandwich or Chicken Fajita Wrap <b>Featured Veggies:</b> Creamy Tomato Soup Fresh Cucumber Slices Chilled Mixed Fruit / Milk	18 Buffalo Chicken Dip with Nachos or Mexican Beef Burrito <b>Featured Veggies:</b> Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple / Milk
<b>TATER TOT BAR</b> CRISPY TATER TOTS SERVED WITH SEASONED BEEF OR CHICKEN, CHOICE OF CHEESE AND LOTS OF TOPPINGS				
21 Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub <b>Featured Veggies:</b> Homemade Baked Beans Steamed Carrots Chilled Mixed Fruit / Milk	22 Homemade Beef Lasagna with Garlic Breadstick or Chicken Fajita Wrap <b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches / Milk	23 French Toast Sticks w/ Oven Browned Sausage or BBQ Chicken & Cheese Sub <b>Featured Veggies:</b> Hash Brown Triangles Fresh Broccoli with Dip Mandarin Oranges / Milk	24 Hot Turkey Sandwich with Gravy or Hot Dog on Roll with Sauerkraut & Corn Chips <b>Featured Veggies:</b> Mashed Potatoes Fresh Tomato Wedges Red Delicious Apple / Milk	25 Walking Loco Taco with Dinner Roll or Crispy Fish Sticks with Dinner Roll <b>Featured Veggies:</b> Steamed Corn Fresh Celery Sticks Chilled Applesauce / Milk
<b>BRUNCH BAR</b> CHOICE OF MEAT AND EGGS TOPPED WITH SAUTEED PEPPERS, ONIONS, CHEDDAR CHEESE, AND CRISPY TATER TOTS. HOT CINNAMON APPLES TAKES IT TO THE NEXT LEVEL.				
28 Meatball Sub with Mozzarella Cheese or Toasted Turkey & Bacon Sandwich <b>Featured Veggies:</b> Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple / Milk	29 Buffalo Chicken Dip with Nachos or BBQ Pork Patty on Roll <b>Featured Veggies:</b> Homemade Baked Beans Fresh Cucumber Slices Fresh Orange Wedges / Milk	30 Homemade Chicken Noodle Soup w/ Soft Pretzel Rod or Hot Ham & Cheese on Pretzel Roll <b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Romaine Salad Chilled Peaches / Milk	31 Mashed Potato Bowl with Dinner Roll or Sloppy Joe on Roll <b>Featured Veggies:</b> Mashed Potatoes Fresh Baby Carrots Red Delicious Apple / Milk	32 Macaroni & Cheese w/ Whole Wheat Bread or Chicken Fajita Wrap <b>Featured Veggies:</b> Stewed Tomatoes Fresh Broccoli with Dip Chilled Mixed Fruit / Milk
<b>BUILD-A-BURGER BAR</b> A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS				
35 Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub <b>Featured Veggies:</b> Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk	36 Toasted Cheese Sandwich or Chili Dog with Corn Chips <b>Featured Veggies:</b> Creamy Tomato Soup Creamy Cole Slaw Chilled Pineapple / Milk	37 Chicken Alfredo Pasta with Garlic Breadstick or BBQ Pulled Pork on Roll <b>Featured Veggies:</b> Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk	38 Nachos Grande with Tortilla Chips & Cheese Sauce or Pepperoni Roll with Marinara Sauce <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk	