



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

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Monday

26

Beef Lasagna
w/ Dinner Roll

Yogurt Craveable

Featured Veggies:
Side Salad

Sliced Peaches
Choice of Milk

Wednesday

27

Cheeseburger
On a Whole Grain Roll

Yogurt Craveable

Featured Veggies:
French Fries

Mandarin Oranges
Choice of Milk

Thursday

22

Pulled Pork
On a Whole Grain Roll
or
Breadstick Dipper Craveable

Featured Veggies:
BBQ Baked Beans

Apple Slices
Choice of Milk

23

Chicken Patty
On a Whole Grain Roll
Breadstick Dipper Craveable

Featured Veggies:
Green Beans

Pineapple Tidbits
Choice of Milk

29

Raider Bowl
Whole Grain Dinner Roll

Yogurt Craveable

Featured Veggies:
Mashed Potatoes
Corn

Diced Pears
Choice of Milk

30

NO SCHOOL