



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

2
NO SCHOOL

3
Cheesy Beef Nachos
or
Walking Taco Craveable
Featured Veggies:
Refried Beans
Banana
Choice of Milk

Wednesday

4
Pierogi Bar
or
Walking Taco Craveable
Featured Veggies:
Steamed Broccoli
Tropical Fruit Salad
Choice of Milk

Thursday

5
Sweedish Meatballs
Over Whole Grain Noodles
or
Walking Taco Craveable
Featured Veggies:
Corn
Orange Wedges
Choice of Milk

6
Pepperoni/Cheese Pizza
or
Walking Taco Craveable
Featured Veggies:
Side Salad
Pineapple Tidbits
Choice of Milk

9
Chicken Stir Fry over Rice
w/ Whole Grain Bread
or
Superfruit Craveable
Featured Veggies:
Green Beans
Fruit Cocktail
Choice of Milk

10
Meatball Sub
On a Whole Grain Roll
or
Superfruit Craveable
Featured Veggies:
French Fries
Mandarin Oranges
Choice of Milk

11
Chicken Nuggets
w/ Whole Grain Dinner Roll
or
Superfruit Craveable
Featured Veggies:
Mashed Potatoes w/Gravy
Featured Fruit
Choice of Milk

12
Chili Cheese Bowl
w/ Rice
or
Superfruit Craveable
Featured Veggies:
Glazed Carrots
Peaches
Choice of Milk

13
Mac N Cheese
w/Whole Grain Roll
or
Superfruit Craveable
Featured Veggies:
Stewed Tomatoes
Sliced Apples
Choice of Milk

16
Chicken Enchilada
Over Rice
or
M.Y.O. Pizza Craveable
Featured Veggies:
Refried Beans
Tropical Fruit Salad
Choice of Milk

17
Corn Dog Nuggets
or
M.Y.O. Pizza Craveable
Featured Veggies:
Steamed Broccoli
Golden Delicious Apple
Choice of Milk

18
Chicken Parmesean
Over Whole Grain Pasta
or
M.Y.O. Pizza Craveable
Featured Veggies:
Side Salad
Diced Peaches
Choice of Milk

19
Salisbury Steak
Over Whole Grain Bread
or
M.Y.O. Pizza Craveable
Featured Veggies:
Mashed Potatoes
Fruit Cocktail
Choice of Milk

20
Breaded Fish Sticks
or
M.Y.O. Pizza Craveable
Featured Veggies:
French Fries
Mandarin Oranges
Choice of Milk

23
Chicken Cheesesteak
On a Whole Grain Roll
or
Nacho Craveable
Featured Veggies:
Mixed Veggies
Pineapple Tidbits
Choice of Milk

24
Chicken Tenders
w/ Dinner Roll
or
Nacho Craveable
Featured Veggies:
Corn
Applesauce
Choice of Milk

25
Beef BBQ
on a Whole Grain Roll
or
Nacho Craveable
Featured Veggies:
Green Beans
Diced Pears
Choice of Milk

26
Ranch Crusted Chicken
or
Nacho Craveable
Featured Veggies:
Roasted Broccoli
Orange Wedges
Choice of Milk

27
French Toast Stick
w/ Sausage Patty
or
Nacho Craveable
Featured Veggies:
Tater Tots
Banana
Choice of Milk

30
Bacon Cheese Burger
on a Whole Grain Roll
or
Breadstick Dipper Craveable
Featured Veggies:
Fries
Apple Slices
Choice of Milk