

What is a Meal?
 - 3 of the 5 components
 - At least 1/2 cup serving of fruit or 1/2 cup of vegetable

What is a Component?
 Meat or Meat Alternate
 Grain/Bread
 Choice of Vegetable
 Choice of Fruit
 Choice of Milk
 (Skim, 1% white, and fat-free chocolate)

Daily Fruit Selection May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit jucies and mandarin oranges

Other Meal Options May Include:
 PB&J Jamwich w/ String Cheese & Crackers
 Fruit & Yogurt w/ Crackers & String Cheese
 Chef Salad w/ Dressing
 Ham and Cheese Hoagie
 Turkey and Cheese Hoagie

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Popcorn Chicken with a Dinner Roll</p> <p>Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Chicken Fajita Wrap</p> <p>Baked Beans Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Cheese Steak Hoagie</p> <p>Roasted Potatoes Celery Sticks Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Pasta with Meat Sauce</p> <p>Green Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Pizza Bagel</p> <p>Steamed Broccoli Steamed Corn Choice of Fruit Choice of Milk</p>
<p>8</p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Tacos on a Soft Tortilla</p> <p>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Hot Ham and Cheese on a Pretzel Roll</p> <p>Sweet Potato Fries Green Peas Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Chicken Mashed Potato with a Dinner Roll</p> <p>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Cheese or Pepperoni Pizza</p> <p>Italian Salad Steamed Broccoli Choice of Fruit Choice of Milk</p>
<p>15</p> <p>Chicken Patty Sandwich</p> <p>Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Walking Taco with a Dinner Roll</p> <p>Steamed Corn Baked Beans Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Hot Dog On a Roll</p> <p>Cheesy Potatoes Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>18</p> <p>General Tso's Chicken over Rice</p> <p>Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Toasted Cheese Sandwich</p> <p>Tomato Soup Green Peas Choice of Fruit Choice of Milk</p>
<p>22</p> <p>Popcorn Chicken with a Dinner Roll</p> <p>Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Chicken Fajita Wrap</p> <p>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Cheeseburger</p> <p>Roasted Potatoes Green Beans Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Pasta with Meat Sauce</p> <p>Steamed Broccoli Italian Salad Choice of Fruit Choice of Milk</p>	<p>26</p> 
<p>29</p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Walking Taco with a Dinner Roll</p> <p>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Hot Ham and Cheese on a Pretzel Roll</p> <p>Green Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>Nutritious Friend of the Month</p> 	

Did You Know?



calcium

3 lbs



Lunch Prices:

Student \$2.05

Reduced \$.40

Adult \$3.05

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