



What is a Meal? A minimum of 3 of the 5 components
At least 1/2 cup serving of fruit or vegetable must be selected to make a meal

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 Selections May Include:

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

Grill Selections May Include:

Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets, Grilled Cheese

Deli Selections May Include:


Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbread

Pizza Selections May Include:

Cheese, Pepperoni, Buffalo Chicken Pizza, Stuffed Crust Pizza

Fresh Salads May Include:

Chicken Caesar
Chopped Garden
Buffalo Chicken






Lunch Prices:

Student \$2.05
Reduced \$4.40
Adult \$3.05

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL 	2 Meatball Hoagie Baked Beans Baby Carrots Choice of Fruit Choice of Milk	3 Mac & Cheese Breadstick Stewed Tomatoes Green Peas Choice of Fruit Choice of Milk	4 Meat Lovers Pizza Steamed Broccoli Italian Salad Choice of Fruit Choice of Milk
7 Bacon Cheeseburger French Fries Steamed Carrots Choice of Fruit Choice of Milk	8 General Tso's Chicken over Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	9 Walking Taco Mexican Rice Baked Beans Baby Carrots Choice of Fruit Choice of Milk	10 Ham and Cheese on Pretzel Roll Steamed Corn Celery Sticks Choice of Fruit Choice of Milk	11 Cheese Pizza Sticks with Sauce Green Peas Italian Salad Choice of Fruit Choice of Milk
14 BBQ Chicken Hoagie Sweet Potatoes Baby Carrots Choice of Fruit Choice of Milk	15 Loaded Nachos Baked Beans Steamed Corn Choice of Fruit Choice of Milk	16 Pancakes with Sausage Roasted Potatoes Celery Sticks Choice of Fruit Choice of Milk	17 BBQ Rib Sandwich Potato Salad Caesar Salad Choice of Fruit Choice of Milk	18 NO SCHOOL INSERVICE
21 NO SCHOOL  Martin Luther King Jr. Day	22 Crunchy Tacos Refried Beans Pico di Gallo Choice of Fruit Choice of Milk	23 Cheese Pizza Sticks with Sauce Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk	24 Chicken Mashed Potato Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	25 Pasta with Meat Sauce Breadstick Caesar Salad Green Beans Choice of Fruit Choice of Milk
28 Meatball Hoagie Steamed Corn Italian Salad Choice of Fruit Choice of Milk	29 General Tso's Chicken over Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	30 Walking Taco Mexican Rice Baked Beans Baby carrots Choice of Fruit Choice of Milk	31 Cheese Steak Hoagie French Fries Celery Sticks Choice of Fruit Choice of Milk	Nutritious Friend of the Month is  CHICK PEAS