



**What makes a complete 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 \$.40  
 Adult \$3.05

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USDA is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
26 <b>Hot Ham &amp; Cheese on a Pretzel Roll</b>  <b>Steamed Corn Celery Sticks Choice of Fruit Choice of Milk</b>	27 <b>Loaded Nachos</b>  <b>Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</b>	28 <b>Hot Turkey, Bacon &amp; Swiss on a Croissant</b>  <b>French Fries Steamed Peas Choice of Fruit Choice of Milk</b>	29 <b>General Tso's Chicken over Rice</b>  <b>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</b>	30 <b>Cheese Pizza Sticks with Sauce</b>  <b>Steamed Carrots Italian Salad Choice of Fruit Choice of Milk</b>
2 <b>NO SCHOOL</b>  	3 <b>French Toast Sticks with Sausage</b>  <b>Tater Tots Cucumber Slices Choice of Fruit Choice of Milk</b>	4 <b>Rodeo Burger</b>  <b>Steamed Corn Baked Beans Choice of Fruit Choice of Milk</b>	5 <b>Baked Chicken Parmesan over Pasta</b>  <b>Steamed Carrots Italian Salad Choice of Fruit Choice of Milk</b>	6 <b>Cheese or Pepperoni Pizza</b>  <b>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</b>
9 <b>Hot Ham &amp; Cheese on a Pretzel Roll</b>  <b>Green Beans Caesar Salad Choice of Fruit Choice of Milk</b>	10 <b>Soft Tacos</b>  <b>Baked Beans Baby Carrots Choice of Fruit Choice of Milk</b>	11 <b>Chicken Alfredo with Penne Pasta</b>  <b>Steamed Peas Red Pepper Strips Choice of Fruit Choice of Milk</b>	12 <b>Chicken &amp; Mashed Potatoes with Dinner Roll</b>  <b>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</b>	13 <b>Cheese Pizza Sticks with Sauce</b>  <b>Steamed Carrots Italian Salad Choice of Fruit Choice of Milk</b>
16 <b>Hot Turkey, Bacon &amp; Swiss on a Croissant</b>  <b>Green Beans Baby Carrots Choice of Fruit Choice of Milk</b>	17 <b>Loaded Nachos</b>  <b>Cheesy Refried Beans Steamed Corn Choice of Fruit Choice of Milk</b>	18 <b>Buffalo Chicken Wrap</b>  <b>French Fries Celery Sticks Choice of Fruit Choice of Milk</b>	19 <b>General Tso's Chicken over Rice</b>  <b>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</b>	20 <b>NO SCHOOL IN SERVICE</b>  
23 <b>Cheese Steak Hoagie</b>  <b>Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</b>	24 <b>Walking Taco Mexican Rice</b>  <b>Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk</b>	25 <b>Rodeo Chicken Sandwich</b>  <b>French Fries Green Beans Choice of Fruit Choice of Milk</b>	26 <b>Pasta &amp; Meat Sauce with Breadstick</b>  <b>Steamed Carrots Caesar Salad Choice of Fruit Choice of Milk</b>	27 <b>Cheese Pizza Sticks with Sauce</b>  <b>Steamed Peas Italian Salad Choice of Fruit Choice of Milk</b>