

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



Lunch Prices:
 Student \$2.05
 Reduced \$.40
 Adult \$3.05

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Ham & Cheese On a Pretzel Roll Roasted Potatoes Celery Sticks Choice of Fruit Choice of Milk	2 Loaded Nachos Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	3 Hot Turkey Bacon Swiss on a Croissant Green Peas Steamed Corn Choice of Fruit Choice of Milk	4 General Tso's over Rice Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	5 Cheese Pizza Sticks with dipping sauce Steamed Carrots Green Beans Choice of Fruit Choice of Milk
8 Homemade Meatball Hoagie Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	9 French Toast Sticks with Sausage Tater Tots Celery Sticks Choice of Fruit Choice of Milk	10 Cowboy Burger Roasted Potatoes Baked Beans Choice of Fruit Choice of Milk	11 Chicken Parmesan with Pasta Steamed Carrots Italian Salad Choice of Fruit Choice of Milk	12 No Secondary Parent/Teacher Conferences
15 Hot Ham & Cheese On a Pretzel Roll Green Beans Caesar Salad Choice of Fruit Choice of Milk	16 Tacos on a Soft Tortilla Baked Beans Tomato Salad Choice of Fruit Choice of Milk	17 Chicken Alfredo with Penne Pasta Green Peas Red Pepper Strips Choice of Fruit Choice of Milk	18 Chicken Mashed Potato with a Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	19 Cheese Pizza Sticks with dipping sauce Steamed Carrots Italian Salad Choice of Fruit Choice of Milk
22 Hot Turkey Bacon Swiss on a Croissant Cheesy Potatoes Baby Carrots Choice of Fruit Choice of Milk	23 Loaded Nachos Refried Beans Mexicali Corn Choice of Fruit Choice of Milk	24 Buffalo Chicken Wrap Green Beans Red Pepper Strips Choice of Fruit Choice of Milk	25 General Tso's over Rice Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	26 No School 
29 Smothered Cheese Steak Hoagie Steamed Corn Baby Carrots Choice of Fruit Choice of Milk	30 Walking Taco Spanish Rice Baked Beans Tomato Salad Choice of Fruit Choice of Milk	31 Rodeo Chicken Sandwich Roasted Potatoes Green Beans Choice of Fruit Choice of Milk	 <p>Nutritious Friend of the Month</p>	