



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

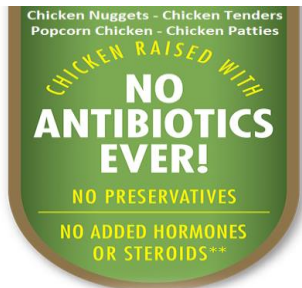
Grill Selections May Include:
 Hamburger, Cheeseburger,
 Chicken Patty, Spicy Chicken Patty,
 Chicken Nuggets, Grilled Cheese

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





Chicken Nuggets - Chicken Tenders
 Popcorn Chicken - Chicken Patties



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

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USDA is an equal opportunity provider and

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NUTRITIOUS FRIEND OF THE MONTH IS</p> 			<p>1</p> <p>Pasta with Meat Sauce with Dinner Roll</p> <p>Green Peas Italian Salad Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Toasted Cheese Sandwich</p> <p>Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>5</p> <p>Mac and Cheese</p> <p>Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Hard Shell Tacos</p> <p>Refried Beans Green Peas Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Bacon Cheeseburger</p> <p>Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Chicken and Gravy over Waffles</p> <p>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Italian Dunkers with Sauce</p> <p>Steamed Carrots Cucumber Salad Choice of Fruit Choice of Milk</p>
<p>12</p> <p>NO SCHOOL</p> 	<p>13</p> <p>Loaded Nachos</p> <p>Refried Beans Mexicali Corn Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Pepperoni Roll with Sauce</p> <p>Green Peas Celery Sticks Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Popcorn Chicken with Breadstick</p> <p>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>16</p> <p>HOLIDAY MEAL</p> <p>Turkey with Stuffing Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>
<p>19</p> <p>Hot Ham and Cheese on a Pretzel Roll</p> <p>Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Walking Taco Spanish Rice</p> <p>Peas Mexicali Corn Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Cowboy Burger</p> <p>Potato Salad Baked Beans Choice of Fruit Choice of Milk</p>	<p>22 NO SCHOOL 23 NO SCHOOL</p> 	
<p>26</p> <p>NO SCHOOL</p> 	<p>27</p> <p>Tacos on Soft Tortillas</p> <p>Baked Beans Tomato Salad Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Mac and Cheese</p> <p>Stewed Tomatoes Celery Sticks Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Chicken Mashed Potato with a Dinner Roll</p> <p>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Cheese Pizza Sticks with Sauce</p> <p>Steamed Carrots Italian Salad Choice of Fruit Choice of Milk</p>