



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

Welcome Back!





Lunch Prices:

- Student \$2.05
- Reduced \$.40
- Adult \$3.05

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USDA is an equal opportunity

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