



**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:**

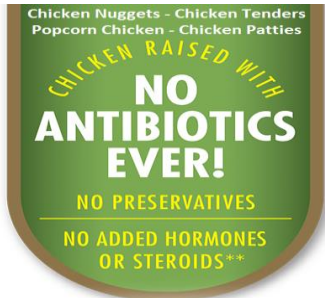
Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbread

**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 \$4.00  
Adult \$3.05

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NUTRITIOUS FRIEND OF THE MONTH IS .....</b></p>	 <p><b>Butter Nutty Squash</b></p>		<p><b>1</b></p> <p><b>Buffalo Chicken and Cheese Wrap</b></p> <p>Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p><b>Toasted Cheese Sandwich</b></p> <p>Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>5</b></p> <p><b>Parmesan Popcorn Chicken</b></p> <p>Green Peas Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p><b>Hard Shell Tacos</b></p> <p>Refried Beans Tomato Salad Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p><b>Chicken Mash Potato with a Dinner Roll</b></p> <p>Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p><b>Pasta with Meat Sauce with a Breadstick</b></p> <p>Roasted Zucchini Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p><b>Italian Dunkers With Sauce</b></p> <p>Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>12</b></p> <p><b>NO SCHOOL</b></p> 	<p><b>13</b></p> <p><b>General Tso Chicken Over Rice</b></p> <p>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p><b>Barbecue Rib Sandwich</b></p> <p>Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p><b>Smothered Steak Hoagie</b></p> <p>Roasted Potatoes Cucumber Salad Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p><b>HOLIDAY MEAL</b></p> <p><b>Turkey with Stuffing</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>
<p><b>19</b></p> <p><b>Hot Ham and Cheese on a Pretzel Roll</b></p> <p>Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p><b>Chicken Fajita Wrap</b></p> <p>Baked Beans Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p><b>Cowboy Burger</b></p> <p>Potato Salad Glazed Carrots Choice of Fruit Choice of Milk</p>	<p><b>22</b> <b>NO SCHOOL</b> <b>23</b> <b>NO SCHOOL</b></p> 	
<p><b>26</b></p> <p><b>NO SCHOOL</b></p> 	<p><b>27</b></p> <p><b>Tacos on Soft Tortillas</b></p> <p>Baked Beans Tomato Salad Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p><b>Rodeo Chicken Sandwich</b></p> <p>Green Peas Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p><b>Pasta with Meat Sauce Breadstick</b></p> <p>Roasted Zucchini Romaine salad Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p><b>Meat Lovers Pizza</b></p> <p>Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk</p>