

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - skim white, fat-free strawberry and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Daily Entree Options may include:
PB&J Jamwich with
String Cheese & Graham Snack or Home Made PB&J

Pizza Craveable
2 Baked Pizza Crusts, Pizza sauce, and Mozzarella Cheese. Kids can assemble their own pizzas



**BONGO
BLUEBERRIES**

Lunch Prices
Student \$2.35
Reduced \$.40
Adult \$3.50

General Manager
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USDA is an equal opportunity provider and employer.

Monday

8

Hot Dog
On a Bun
or
Chicken Tender Fritters
with a Dinner Roll
Featured Veggies:
Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

Tuesday

9

Steak & Cheese Hoagie
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Refried Beans
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

Wednesday

10

BBQ Ribby
On a Bun
or
French Toast Sticks
With Sausage Patties
Featured Veggies:
Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday

11

Chicken Patty
On a Bun
or
Ziti & Meatballs
Bread Stick
Featured Veggies:
Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

Friday

12

Hot Ham & Cheese
On a Pretzel Roll
or
Cheese Pizza
Featured Veggies:
Cherry Tomatoes
Fresh Broccoli
Choice of Fruit
Choice of Milk

15

Italian Meatballs & Cheese
On a Bun
or
Popcorn Chicken
with a Dinner Roll
Featured Veggies:
Steamed Broccoli
Red Pepper Strips
Choice of Fruit
Choice of Milk

16

Chicken & Gravy
Over a Biscuit
or
Walking Taco
Pretzel Stick
Featured Veggies:
Mashed Potatoes
Steamed Green Peas
Choice of Fruit
Choice of Milk

17

Pancakes with Sausage
or
Cheeseburger
On a Bun
Featured Veggies:
Hash Brown Potato
Green Pepper Strips
Choice of Fruit
Choice of Milk

18

Cheese Stuffed
Breadstick
or
Nacho Fries
with a Dinner Roll
Featured Veggies:
Tomato Wedges
Spinach Salad
Choice of Fruit
Choice of Milk

19

Fish Shapes
with a Dinner Roll
or
Stuff Crust Pizza
Featured Veggies:
Roasted Sweet Potatoes
Chick Pea Salad
Choice of Fruit
Choice of Milk

22

Turkey & Cheese Melt
On a Bun
or
Chicken Nuggets
with a Dinner Roll
Featured Veggies:
Green Peas
Cucumber Slices
Choice of Fruit
Choice of Milk

23

Hamburger
On a Bun
or
BBQ Ribby on a Bun
Featured Veggies:
Baked Beans
Carrot Sticks
Choice of Fruit
Choice of Milk

24

French Toast Sticks
with Sausage
or
Sausage, Egg & Cheese
Bagel
Featured Veggies:
Hash Brown
Cucumber Slices
Choice of Fruit
Choice of Milk

25

Penne Pasta & Meat sauce
Garlic Bread Stick
or
Chicken Pattie
On a Bun
Featured Veggies:
French Fries
Fresh Broccoli
Choice of Fruit
Choice of Milk

26

Cheese Pizza
or
Trix Yogurt
With Blueberry Bread
Featured Veggies:
Caesar Salad
Tomato Wedges
Choice of Fruit
Choice of Milk

29

No School



30

Italian Dunkers
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Refried Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

31

Pancakes with Sausage
or
Sloppy Joe
On a Bun
Featured Veggies:
Potato Triangles
Baked Cinnamon Apples
Choice of Fruit
Choice of Milk

1

Cheeseburger
On a Bun
or
Asian Sesame Chicken
Over Rice
Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

2

Cook's Choice
Stuff Crust Pizza
Featured Veggies:
Sweet Potato Tots
Caesar Salad
Choice of Fruit
Choice of Milk

5

Cook's Choice
or
Popcorn Chicken
with a Dinner Roll
Featured Veggies:
Ass't Fresh Veggies
Baked Beans
Choice of Fruit
Choice of Milk

6

Half Day
No Lunch Served

