


Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | 1 <br> Chicken Nuggets Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk | 2 <br> Pizza <br> Choice of Vegetable Choice of Fruit Choice of Milk |
| 5 <br> Chicken Pattie Sand Tater Tots Choice of Fruit Choice of Milk | 6 <br> Tomato Soup Grilled Cheese Choice of Fruit Choice of Milk | 7 <br> Fish <br> Potato Triangle Hot Vegetable Choice of Fruit Choice of Milk | 8 <br> Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk | Pizza <br> Choice of Vegetable Choice of Fruit Choice of Milk |
| 12 <br> Sloppy Joe Tater Tots Choice of Fruit Choice of Milk | 13 <br> Chicken Alfredo Broccoli Breadstick Choice of Fruit Choice of Milk | 14 <br> Bosco Sticks Baked Beans Choice of Fruit Choice of Milk | 15 <br> Sweet -n- Sour Chicken Rice Peas Choice of Fruit Choice of Milk | ${ }^{16} \frac{\mathrm{NO}}{\mathrm{SCHOOL}}$ |
| $\mathrm{SCHO}$ | 20 <br> Spaghetti \& Meatballs Breadstick Hot Vegetable Choice of Fruit Choice of Milk | 21 <br> Mac -n-Cheese Pulled Pork Hot Vegetable Choice of Fruit Choice of Milk | 22 <br> Chicken Tenders Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk | 23 <br> Pizza <br> Choice of Vegetable Choice of Fruit Choice of Milk |
| 26 <br> Cheeseburger Fries Hot Vegetable Choice of Fruit Choice of Milk | 27 <br> French Toast Sausage Choice of Fruit Choice of Milk | 28 <br> Nacho Grande Meat \& Cheese Refried Beans Choice of Fruit Choice of Milk | 29 <br> Chicken Gravy over Rice Carrots Choice of Fruit Choice of Milk |  |

## WHAT MAKES A MEAL? You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1\%White Fat Free, Chocolate, Fat Free White) A minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup vegetable MUST accompany a reimbursable lunch!
Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.
Daily Fruit Selections May Include: Oranges, Apples, Bananas, Pears, Peaches, , Strawberries, Applesauce, Pineapples, and Mandarin Oranges.
LEAVE YOUR LUNCH BOX AT HOME!!!!! Daily Entrée Options May Include:
Large Chef Salad \& Stuffed Deli Hoagie \& Low Fat Yogurt \& Smuckers PB\&J

