



**What is a Meal?**  
You must choose of 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 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 - 1% white 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  
**Featured Fruit May Include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, appleauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

**Fresh Entree Salad of the Week**



**Craveable of the Week which could include:**  
Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..



Lunch Prices  
Student \$2.30  
Reduced \$ .40  
Adult \$3.95

**General Manager**  
Tim Gilbert  
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USDA is an equal opportunity provider and employer.

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<p><b>2</b></p> <p>Chicken Nuggets w/ Buttered Noodles</p> <p>Superfruit Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Baked Beans Side Salad Featured Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Nachos Grande w/ Chicken Tortilla Chips</p> <p>Superfruit Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Mixed Vegetables Lettuce &amp; Tomato Featured Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Fish Sticks with Dinner Roll</p> <p>Superfruit Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Oven Fries Steamed Carrots Featured Fruit Choice of Milk</p>	<p><b>5</b></p> <p>"County Fair Day" Corn Dog</p> <p>Superfruit Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Curly Fries Apple Cider Slaw Featured Fruit Choice of Milk</p>	<p><b>6</b></p> 
<p><b>9</b></p> <p>Chicken Patty Sandwich</p> <p>M.Y.O. Pizza Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Roasted Cauliflower Chick Pea Salad Featured Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Walking Taco Pretzel Sticks</p> <p>M.Y.O. Pizza Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Mexicali Corn Pepper Sticks Featured Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Sloppy Joe on Aloha Roll</p> <p>M.Y.O. Pizza Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Tater Tots Ranchero Carrots Featured Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Pasta Day</p> <p>Chicken Alfredo With Garlic Knot</p> <p>M.Y.O. Pizza Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Featured Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Stuffed Crust Pizza</p> <p>M.Y.O. Pizza Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Steamed Peas and Carrots Cucumber Slices Featured Fruit Choice of Milk</p>
<p><b>16</b></p> <p>Cheese Burger On a Bun</p> <p>Nacho Craveable Chef Salad</p> <p><b>Featured Veggies:</b> Steamed Broccoli Grape Tomatoes Featured Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Pulled BBQ Pork over Nacho chips</p> <p>Nacho Craveable Chef Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Spinach Salad Featured Fruit Choice of Milk</p>	<p><b>18</b></p> <p>"Breakfast for Lunch"</p> <p>French Toast Sticks w Sausage Patties Nacho Craveable Chef Salad</p> <p><b>Featured Veggies:</b> Tri Patty Taters Carrot Sticks Featured Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Home-made Mac 'N Cheese w/ Garlic Breadstick Nacho Craveable Chef Salad</p> <p><b>Featured Veggies:</b> Stewed Tomatoes Apple Cider Slaw Featured Fruit Choice of Milk</p>	<p><b>20</b></p> <p>Cheesy Pizza</p> <p>Nacho Craveable Chef Salad</p> <p><b>Featured Veggies:</b> Steamed Green Beans Pepper Sticks Featured Fruit Choice of Milk</p>
<p><b>23</b></p> <p>Turkey Dinner Pumpkin Pie Stuffing</p> <p>Chef's Salad</p> <p><b>Featured Veggies:</b> Mashed Potatoes and Gravy Green Bean Casserole Featured Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Turkey Dinner Pumpkin Pie Stuffing</p> <p>Chef's Salad</p> <p><b>Featured Veggies:</b> Mashed Potatoes and Gravy Green Bean Casserole Featured Fruit Choice of Milk</p>	<p><b>25</b>      <b>26</b>      <b>27</b></p> 		
<p><b>30</b></p> 	<p><b>1</b></p> <p>Walking Taco w/ Roll</p> <p>Yogurt Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Green Beans Caesar Salad Featured Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Hot Dog On a Roll</p> <p>Yogurt Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Scalloped Potatoes Green Pepper Strips Featured Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Toasted Cheese Sandwich</p> <p>Yogurt Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Tater Tots Tomato Soup Featured Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Pizza Bagel</p> <p>Yogurt Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Roasted Sweet Potatoes Cauliflower Florets Featured Fruit Choice of Milk</p>
<p><b>7</b></p> <p>Turkey &amp; Cheese Melt On a Croissant</p> <p>Walking Taco Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Roasted Zucchini Cucumber Slices Featured Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Macaroni &amp; Cheese</p> <p>Walking Taco Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> California Blend Cherry Tomatoes Featured Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Wok N Roll</p> <p>Asian Sesame Chicken Over Rice</p> <p>Walking Taco Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Steamed Broccoli and Cheese Carrot Sticks Featured Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Hot Ham and Cheese On a Pretzel Roll</p> <p>Walking Taco Craveable Chef's Salad</p> <p><b>Featured Veggies:</b> Mashed Potatoes and Gravy Caesar Side Salad Featured Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Cheesy Pizza Sticks with dipping sauce</p> <p>Walking Taco Craveable</p> <p><b>Featured Veggies:</b> Oven Fries Celery Sticks Featured Fruit Choice of Milk</p>