



**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 - 1% white, and fat-free chocolate, strawberry, or vanilla

**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, 100% fruit juices and mandarin oranges

**Alternate Daily Entree Option Choices:**

**WOW Butter & Jelly Sandwich** with **String Cheese & Graham Snack**  
**Choice of Craveable:**  
**Weeks 1 & 4 Nachos**  
**Weeks 2 & 5 Yogurt with String Cheese & Graham Snack**  
**Weeks 3 & 6 Pizza**  
**Grilled Chicken Salad w/ roll**  
**Popcorn Chicken**  
**Cheese Pizza**

**Monday**  
**1/31/2018**



**Tuesday**  
**1/1/2019**

**Wednesday**  
**1/2/2019**



In-Service Day  
No Classes  
No Lunch Service

**Thursday**  
**1/3/2019**

Chicken Patty  
On a Bun  
or  
French Bread Pizza(T)

**Featured Veggies:**  
Steamed Corn  
Romaine Salad  
Choice of Fruit  
Choice of Milk

**Friday**  
**1/4/2019**

Pierogi Meal  
String Cheese  
or  
Mini Peperoni Calzones(T)  
with Sauce

**Featured Veggies:**  
Cherry Tomatoes  
Green Beans  
Choice of Fruit  
Choice of Milk

**1/7/2019**

Italian Meatball & Cheese Sandwich  
or  
Chicken Nuggets with a Dinner Roll

**Featured Veggies:**  
Oven Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**1/8/2019**

Stuffed Crust Pizza(T)  
or  
Walking Taco with a Dinner Roll

**Featured Veggies:**  
Green Beans  
Spinach Salad  
Choice of Fruit  
Choice of Milk

**1/9/2019**

Hot Dog On a Roll  
or  
Toasted Spicy Chicken Quesadilla

**Featured Veggies:**  
Tater Tots  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**1/10/2019**

Toasted Cheese Sandwich  
or  
Spaghetti and Meatballs  
Garlic Bread Stick

**Featured Veggies:**  
Tomato Soup  
Corn Salad  
Choice of Fruit  
Choice of Milk

**1/17/2019**

BBQ Ribby On a Bun  
or  
Big Daddy's Peperoni Pizza(T)

**Featured Veggies:**  
Baby Carrots  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**1/14/2019**

Turkey & Cheese On a Croissant  
or  
Popcorn Chicken with a Dinner Roll

**Featured Veggies:**  
French Fries  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**1/15/2019**

French Bread Pizza(T)  
or  
Nacho Grande Tortilla Chips

**Featured Veggies:**  
Chick Pea Salad  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**1/16/2019**

Cheese Burger On a Bun  
or  
Asian Sesame Chicken Over Rice

**Featured Veggies:**  
Steamed Broccoli  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**1/17/2019**

Chicken Nugget with a Dinner Roll  
or  
Macaroni & Cheese

**Featured Veggies:**  
Yellow Beans  
Cucumber Salad  
Choice of Fruit  
Choice of Milk

**1/18/2019**

Ham and Cheese Wrap  
or  
Peperoni Roll(T) with dipping sauce

**Featured Veggies:**  
Oven Fries  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

**1/21/2019**



M. L. King Jr. Holiday  
No School

**1/22/2019**

Corn Dog  
or  
Big Daddy's Peperoni Pizza(T)

**Featured Veggies:**  
Baked Beans  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

**1/23/2019**

Bacon Cheese Burger(T) On a Bun  
or  
Nachos Grande Tortilla Chips

**Featured Veggies:**  
Curley Fries  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

**1/24/2019**

Hot Ham and Cheese On a Pretzel Roll  
or  
Penne Pasta & Meatballs  
Garlic Bread

**Featured Veggies:**  
Green Beans  
Caesar Salad  
Choice of Fruit  
Choice of Milk

**1/25/2019**

General Tso Chicken(T) Over Rice  
or  
Peperoni Pizza

**Featured Veggies:**  
Baby Carrots  
Corn Salad  
Choice of Fruit  
Choice of Milk

**1/28/2019**

Jacked Up Fries  
Philly Steak & Cheese  
or  
Popcorn Chicken with a Dinner Roll

**Featured Veggies:**  
Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**1/29/2019**

Chicken Patty On a Bun  
or  
Nacho Grande Tortilla Chips

**Featured Veggies:**  
Mexicala Corn  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

**1/30/2019**

Italian Meatball & Cheese Sandwich  
or  
French Toast Sticks With Sausage Patties

**Featured Veggies:**  
Potato Triangles  
Ranchero Carrots  
Choice of Fruit  
Choice of Milk

**1/31/2019**

BBQ Ribby On a Bun  
or  
Chicken Nuggets

**Featured Veggies:**  
Steamed Broccoli  
Celery w/Ranch  
Choice of Fruit  
Choice of Milk

**2/1/2019**

Pierogi Meal  
String Cheese  
or  
Taco Pizza(T)

**Featured Veggies:**  
Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**2/4/2019**

Cheese Burger On a Bun  
or  
General Tso Chicken(T) Over Rice

**Featured Veggies:**  
Steamed Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**2/5/2019**

Hot Ham & Cheese Sandwich  
or  
Walking Taco with a Dinner Roll

**Featured Veggies:**  
Black Beans  
Green Peas  
Choice of Fruit  
Choice of Milk

**2/6/2019**

Egg, Sausage & Cheese On a Croissant  
or  
Wing Day(T)  
Boneless or Bone in w/Sauce

**Featured Veggies:**  
Tater Tots  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**2/7/2019**

Chicken Patty On a Roll  
or  
Penne Pasta with Meatballs  
Garlic Bread

**Featured Veggies:**  
Oven Fries  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

**2/8/2019**

Mini Corn Dogs  
or  
Italian Dunkers with Sauce

**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk



**January Nutritious Friends**  
**Lunch Prices**  
Student \$2.65  
Student Tier \$3.45  
Reduced \$ .40  
Adult \$3.75  
Adult Tier \$4.70

**Food Service Director**  
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