



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



February Nutritious Friend
CUCKOO COCONUT

March Nutritious Friend
Be sure to try it on Sample Day
Lunch Prices
Student \$2.65
Student Tier \$3.45
Reduced \$.40
Adult \$3.75
Adult Tier \$4.70

Food Service Director
John Rambo
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Monday

2/10/2020

BBQ Ribby
On a Bun
or
Popcorn Chicken
with a Dinner Roll

Featured Veggies:

Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

Tuesday

2/11/2020

French Bread Pizza(T)
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Cucumber Slices
Tomato Wedges
Choice of Fruit
Choice of Milk

Wednesday

2/12/2020

Hot Ham and Cheese
On a Pretzel Roll
or
French Toast Sticks
With Sausage Patties

Featured Veggies:

Hash Brown Potato
Hot Apple Slices
Choice of Fruit
Choice of Milk

Thursday

2/13/2020

"Cherp's Chicken"
Chicken Patty on a Bun
or
Hot Dog
On a Roll

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

Friday

2/14/2020

Turkey & Cheese
Wrap
or
Mini Peperoni Calzone(T)
with Sauce

Featured Veggies:

Cherry Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk

2/17/2020



Schools Closed

2/18/2020

General Tso's Chicken(T)
over rice
or
BBQ Ribby
On a Bun

Featured Veggies:

Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

2/19/2020

Nachos Grande
Tortilla Chips
or
Chicken Parmesan
On a Bun

Featured Veggies:

Mexicali Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

2/20/2020

Chicken Nuggets
with a Dinner Roll
or
French Toast Sticks
With Sausage Patties

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

2/21/2020

Pierogi Meal
String Cheese
or
Pepperoni Roll(T)
with dipping sauce

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

2/24/2020

In Service Day



No School
For Students

2/25/2020

Big Daddy's Pizza(T)
or
Walking Taco

Featured Veggies:

Black Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

2/26/2020

Fish Sticks
with a Dinner Roll
or
Asian Sesame Chicken
Over Rice

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

2/27/2020

Chicken Nugget
with a Dinner Roll
or
Macaroni & Cheese

Featured Veggies:

Green Pepper Strips
Cucumber Salad
Choice of Fruit
Choice of Milk

2/28/2020

Crispy Fish Sandwich
On a Bun
or
Pepperoni Roll(T)
with dipping sauce

Featured Veggies:

Oven Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

DR. SEUSS DAY

Egg, Ham & Cheese
On a Croissant
or
Hot Dog
on a roll

Featured Veggies:

Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

2/3/2020

Corn Dog
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Baked Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

2/4/2020

Bacon Cheese Burger(T)
On a Bun
or
Chicken & Cheese
Quesadilla

Featured Veggies:

Curley Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

2/5/2020

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

Featured Veggies:

Cucumber Slices
Caesar Salad
Choice of Fruit
Choice of Milk

2/6/2020

General Tso Chicken(T)
Over Rice
or
Italian Dunker
with dipping sauce

Featured Veggies:

Baby Carrots
Corn Salad
Choice of Fruit
Choice of Milk

2/9/2020

Philly Steak & Cheese
On a Roll
or
Chicken Mash Potato Bowl

Featured Veggies:

Mashed Potatoes
Chick Pea Salad
Choice of Fruit
Choice of Milk

2/10/2020

Chicken Parm
On a Bun
or
Nacho Grande
Tortilla Chips

Featured Veggies:

Mexicali Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

2/11/2020

Cheese Burger
On a Bun
or
French Toast Sticks
With Sausage Patties

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

2/12/2020

Mini Peperoni Calzone(T)
with dipping sauce
or
Chicken Nuggets

Featured Veggies:

Steamed Broccoli
Celery w/Ranch
Choice of Fruit
Choice of Milk

2/13/2020

Pierogi Meal
String Cheese
or
Popcorn Shrimp

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

2/16/2020

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

Featured Veggies:

Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

2/17/2020

Hot Ham &
Cheese Sandwich
or
Walking Taco

Featured Veggies:

Black Beans
Green Peas
Choice of Fruit
Choice of Milk

2/18/2020

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

2/19/2020

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

2/20/2020

Fish Nuggets
with a Dinner Roll
or
Italian Dunkers
with Sauce

Featured Veggies:

Baby Carrots
Green Beans
Choice of Fruit
Choice of Milk