



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



February Nutritious Friends



March Nutritious Friends

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

2/11/2019

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

Featured Veggies:

Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

2/18/2019



Presidents Day
No School

2/25/2019

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

Featured Veggies:

French Fries
Steamed Corn
Choice of Fruit
Choice of Milk

3/4/2019

Toasted
Cheese Sandwich
or
Chicken Nuggets
Pretzel Sticks

Featured Veggies:

Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

3/11/2019

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

3/18/2019

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

Featured Veggies:

Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

2/12/2019

Italian Meatball
Hoagie
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Chick Pea Salad
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

2/19/2019

Stuffed Crust Pizza(T)

or

Walking Taco
with a Dinner Roll

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

2/26/2019

French Bread Pizza(T)

or

Nacho Grande
Tortilla Chips

Featured Veggies:

Chick Pea Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

3/5/2019

Corn Dog
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Baked Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

3/12/2019

Chicken Patty
On a Bun
or
Nacho Grande
Tortilla Chips

Featured Veggies:

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

3/19/2019

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

Featured Veggies:

Black Beans
Green Peas
Choice of Fruit
Choice of Milk

Wednesday

2/13/2019

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

Featured Veggies:

Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

2/20/2019

Hot Dog
On a Roll
or
Toasted Spicy Chicken
Quesadilla

Featured Veggies:

Tater Tots
Green Pepper Strips
Choice of Fruit
Choice of Milk

2/27/2019

Mozzarella Cheese Sticks
with dipping sauce
or
Asian Sesame Chicken
Over Rice

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

3/6/2019

Big Daddy's
Pepperoni Pizza(T)
or
Fish Sticks

Featured Veggies:

Curley Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

3/13/2019

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

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

3/20/2019

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

Thursday

2/14/2019

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

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk



2/21/2019

Toasted
Cheese Sandwich
or
Spaghetti and Meatballs
Garlic Bread Stick

Featured Veggies:

Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

2/28/2019

Chicken Nugget
with a Dinner Roll
or
Macaroni & Cheese

Featured Veggies:

Yellow Beans
Cucumber Salad
Choice of Fruit
Choice of Milk

3/7/2019

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

3/14/2019

BBQ Ribby
On a Bun
or
Chicken Nuggets

Featured Veggies:

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

3/21/2019

Chicken Patty
On a Roll
or
Mini Corn Dogs

Featured Veggies:

Oven Fries
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

Friday

2/15/2019

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

Featured Veggies:

Cherry Tomatoes
Green Beans
Choice of Fruit
Choice of Milk

2/22/2019

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

Featured Veggies:

Baby Carrots
Chick Pea Salad
Choice of Fruit
Choice of Milk

3/1/2019

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

Featured Veggies:

Oven Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

3/8/2019

General Tso Chicken(T)
Over Rice
or
Italian Dunkers
with Sauce

Featured Veggies:

Baby Carrots
Corn Salad
Choice of Fruit
Choice of Milk

3/15/2019

Pierogi Meal
String Cheese
or
Popcorn Shrimp

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

3/22/2019

Fish Sticks
or
Macaroni & Cheese

Featured Veggies:

Baby Carrots
Green Beans
Choice of Fruit
Choice of Milk