



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



April Nutritious Friend
What do you call a Cauliflower growing at the edge of a garden?

"a border cauli!"

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	Tuesday	Wednesday	Thursday	Friday
<p>3/25/2019 BBQ Ribby On a Bun or Popcorn Chicken with a Dinner Roll Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>3/26/2019 Italian Meatball Hoagie or Nachos Grande Tortilla Chips Featured Veggies: Chick Pea Salad Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>	<p>3/27/2019 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</p>	<p>3/28/2019 Chicken Patty On a Bun or French Bread Pizza(T) Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p>3/29/2019 Pierogi Meal String Cheese or Mini Peperoni Calzones(T) with Sauce Featured Veggies: Cherry Tomatoes Green Beans Choice of Fruit Choice of Milk</p>
<p>4/1/2019 Italian Meatball Hoagie or Chicken Nuggets with a Dinner Roll Featured Veggies: Hot Sliced Apples Celery Sticks Choice of Fruit Choice of Milk</p>	<p>4/2/2019 Stuffed Crust Pizza(T) or Walking Taco with a Dinner Roll Featured Veggies: Green Beans Spinach Salad Choice of Fruit/Milk National PB&J Day</p>	<p>4/3/2019 Hot Dog On a Roll or Toasted Spicy Chicken Quesadilla Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4/4/2019 National Grilled Cheese Month Toasted Cheese Sandwich or Spaghetti and Meatballs Garlic Bread Stick Featured Veggies: Tomato Soup Corn Salad Choice of Fruit Choice of Milk</p>	<p>4/5/2019 Fish Sandwich On a Bun or Big Daddy's Pepperoni Pizza(T) Featured Veggies: Baby Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>4/8/2019 National Empanada Day Mini Peperoni Calzones(T) with Sauce or Popcorn Chicken Featured Veggies: French Fries Steamed Corn Choice of Fruit Choice of Milk</p>	<p>4/9/2019 French Bread Pizza(T) or Nacho Grande Tortilla Chips Featured Veggies: Black Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>4/10/2019 Mozzarella Cheese Sticks with dipping sauce or Asian Sesame Chicken Over Rice Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>4/11/2019 Chicken Nugget with a Dinner Roll or Macaroni & Cheese Featured Veggies: Yellow Beans Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>4/12/2019 Fish Sticks or Pepperoni Roll(T) with dipping sauce Featured Veggies: Oven Fries Steamed Carrots Choice of Fruit Choice of Milk</p>
<p>4/15/2019 Toasted Cheese Sandwich or Chicken Nuggets Pretzel Sticks Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>4/16/2019 Corn Dog or Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>4/17/2019 Big Daddy's Pepperoni Pizza(T) or Turkey & Cheese on a Croissant Featured Veggies: Curley Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>4/18/2019 Boneless Wings (T) with BBQ Sauce or Ham & Cheese Wrap Featured Veggies: Green Beans Caesar Salad Choice of Fruit/Milk National Animal Cracker Day</p>	<p>4/19/2019 Spring Recess  No School</p>
<p>4/22/2019 Spring Recess  No School Earth Day</p>	<p>National Picnic Day Cheese Burger On a Bun or Hot Dog On a Bun Featured Veggies: Baked Beans Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>4/24/2019 Italian Meatball & Cheese Sandwich or French Toast Sticks With Sausage Patties Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p>4/25/2019 BBQ Ribby On a Bun or Chicken Nuggets Featured Veggies: Fresh Broccoli Celery w/Ranch Choice of Fruit Choice of Milk</p>	<p>4/26/2019 Pierogi Meal String Cheese or National Pretzel Day Hot Ham & Cheese On a Pretzel Roll Featured Veggies: Cherry Tomatoes Cucumber Slices Choice of Fruit/Milk</p>
<p>4/29/2019 Sloppy Joe On a Bun or General Tso Chicken(T) Over Rice Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>4/30/2019 Chicken Patty On a Bun or Walking Taco with a Dinner Roll Featured Veggies: Black Beans Green Peas Choice of Fruit/Milk National Raisin Day</p>	<p>5/1/2019 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</p>	<p>5/2/2019 Chicken Patty On a Roll or Mini Corn Dogs Featured Veggies: Oven Fries Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>5/3/2019 Stuffed Crust Pizza (T) or Macaroni & Cheese Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>