



**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**  
Meal or meal 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:**

**WOWButter&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**

**Popcorn Chicken**

**Cheese Pizza**



August Nutritious Friend



September Nutritious Friend

Be sure to try them on Sample Day

**Lunch Prices**

Student \$2.65

Student Tier \$3.45

Reduced \$4.40

Adult \$3.75

Adult Tier \$4.70

**Food Service Director**

**John Rambo**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8/26/2019</b> Popcorn Chicken with a Dinner Roll or Alternate Selection</p> <p><b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>8/27/2019</b> Nachos Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Tomato &amp; Onion Salsa Choice of Fruit Choice of Milk</p>	<p><b>8/28/2019</b> French Toast Sticks With Sausage Patties or Alternate Selection</p> <p><b>Featured Veggies:</b> Hash Brown Potato Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>8/29/2019</b> Chicken Patty On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p><b>8/30/2019</b> Italian Dunkers with Sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Green Beans Choice of Fruit Choice of Milk</p>
<p><b>9/2/2019</b> <b>LABOR DAY</b> <b>LABOR DAY</b>  Schools Closed</p>	<p><b>9/3/2019</b> Stuffed Crust Pizza (T) or Alternate Selection</p> <p><b>Featured Veggies:</b> Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p><b>9/4/2019</b> Hot Dog On a Roll or Alternate Selection</p> <p><b>Featured Veggies:</b> Tater Tots Green Pepper Strips Choice of Fruit/Milk <b>OPEN HOUSE</b></p>	<p><b>9/5/2019</b> Toasted Cheese Sandwich or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Corn Salad Choice of Fruit Choice of Milk</p>	<p><b>9/6/2019</b> Homemade Pepperoni Pizza (T) or Alternate Selection</p> <p><b>Featured Veggies:</b> Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p><b>9/9/2019</b> Turkey &amp; Cheese On a Croissant or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>9/10/2019</b> Beef Taco On a Soft Tortilla or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p><b>9/11/2019</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>9/12/2019</b> Macaroni &amp; Cheese or Alternate Selection</p> <p><b>Featured Veggies:</b> Yellow Beans Cucumber Salad Choice of Fruit Choice of Milk</p>	<p><b>9/13/2019</b> French Bread Pizza (T) or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Steamed Carrots Choice of Fruit Choice of Milk</p>
<p><b>9/16/2019</b> Chicken Nuggets Pretzel Sticks or Alternate Selection</p> <p><b>Featured Veggies:</b> Tomato Wedges Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>9/17/2019</b> Corn Dog or Alternate Selection</p> <p><b>Featured Veggies:</b> Baked Beans Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>9/18/2019</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Curley Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p><b>9/19/2019</b> Penne Pasta &amp; Meat Sauce Garlic Bread or Alternate Selection</p> <p><b>Featured Veggies:</b> Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>9/20/2019</b> Cheese Pizza Sticks with dipping sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Baby Carrots Corn Salad Choice of Fruit Choice of Milk</p>
<p><b>9/23/2019</b> Popcorn Chicken with a Dinner Roll or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p><b>9/24/2019</b> Nachos Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Mexicali Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>9/25/2019</b> French Toast Sticks With Sausage Patties or Alternate Selection</p> <p><b>Featured Veggies:</b> Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p><b>9/26/2019</b> Chicken Patty On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p><b>9/27/2019</b> Pierogi Meal or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>9/30/2019</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit/Milk <b>2 Hour Delay Day</b></p>	<p><b>10/1/2019</b> Walking Taco Pretzel Sticks or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Corn Salad Choice of Fruit Choice of Milk</p>	<p><b>10/2/2019</b> Egg, Sausage &amp; Cheese On a Croissant or Alternate Selection</p> <p><b>Featured Veggies:</b> Tater Tots Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>10/3/2019</b> Penne Pasta with Meatballs Garlic Bread or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>10/4/2019</b> Mini Peperoni Calzones(T) with dipping sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>