



**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 with Dinner Roll**

**Cheese Pizza**



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 \$4.00

Adult \$3.75

Adult Tier \$4.70

**Food Service Director**

**John Rambo**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2/10/2020</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>2/11/2020</b> Nachos Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Fresh Cucumber Slices Tomato Wedges Choice of Fruit Choice of Milk</p>	<p><b>2/12/2020</b> French Toast Sticks With Sausage Patties or Alternate Selection</p> <p><b>Featured Veggies:</b> Hash Brown Potato Hot Apple Slices Choice of Fruit Choice of Milk</p>	<p><b>2/13/2020</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>2/14/2020</b> Mini Peperoni Calzone(T) with Dipping Sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Green Beans Choice of Fruit Choice of Milk</p>
<p><b>2/17/2020</b> <b>Presidents' Day</b>  Schools Closed</p>	<p><b>2/18/2020</b> General Tso's Chicken(T) over rice or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p><b>2/19/2020</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>2/20/2020</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>2/21/2020</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>2/24/2020</b> In Service Day  No School For Students</p>	<p><b>2/25/2020</b> Walking Taco or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p><b>2/26/2020</b> Bacon Cheese Burger(T) or Alternate Selection <b>Lenten Option</b> Fish Sticks</p> <p><b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>2/27/2020</b> Macaroni &amp; Cheese or Alternate Selection</p> <p><b>Featured Veggies:</b> Cole Slaw Cucumber Salad Choice of Fruit Choice of Milk</p>	<p><b>2/28/2020</b> Toasted Cheese Sandwich or Alternate Selection <b>Lenten Option</b> Fish Sandwich</p> <p><b>Featured Veggies:</b> Oven Fries Steamed Carrots Choice of Fruit Choice of Milk</p>
<p><b>DR Scuss Day</b> Egg, Ham &amp; Cheese On a Croissant or Alternate Selection</p> <p><b>Featured Veggies:</b> Tomato Wedges Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>3/3/2020</b> Nacho Grande or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>3/4/2020</b> French Toast Sticks With Sausage Patties or Alternate Selection</p> <p><b>Featured Veggies:</b> Curley Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p><b>3/5/2020</b> Penne Pasta &amp; Meat Sauce Garlic Bread or Alternate Selection</p> <p><b>Featured Veggies:</b> Celery Sticks Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>3/6/2020</b> Italian Dunker or Alternate Selection <b>Lenten Option</b> Fish Sticks</p> <p><b>Featured Veggies:</b> Baby Carrots Corn Salad Choice of Fruit Choice of Milk</p>
<p><b>3/9/2020</b> Toasted Cheese Sandwich or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p><b>3/10/2020</b> Nachos Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Mexicala Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>3/11/2020</b> Boneless Chicken Wings(T) with BBQ Sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p><b>3/12/2020</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>3/13/2020</b> Big Daddy's Pizza (T) or Alternate Selection <b>Lenten Option</b> Popcorn Shrimp</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>3/16/2020</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>3/17/2020</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>3/18/2020</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>3/19/2020</b> Penne Pasta with Meatballs Garlic Bread or Alternate Selection</p> <p><b>Featured Veggies:</b> Corn Salad Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>3/20/2020</b> Mini Peperoni Calzones(T) or Alternate Selection <b>Lenten Option</b> Fish Nuggets</p> <p><b>Featured Veggies:</b> Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>

