



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 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

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 \$4.40
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 Alternate Selection</p> <p>Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>3/26/2019 Nachos Grande Tortilla Chips or Alternate Selection</p> <p>Featured Veggies: Black Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk</p>	<p>3/27/2019 French Toast Sticks With Sausage Patties or Alternate Selection</p> <p>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 Alternate Selection</p> <p>Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p>3/29/2019 French Bread Pizza(T) or Fish Sandwich</p> <p>Featured Veggies: Cherry Tomatoes Green Beans Choice of Fruit Choice of Milk</p>
<p>4/1/2019 Italian Meatball Hoagie or Alternate Selection</p> <p>Featured Veggies: Hot Apple Slices Celery Sticks Choice of Fruit Choice of Milk</p>	<p>4/2/2019 Stuffed Crust Pizza (T) or National PB&J Day or Alternate Selection</p> <p>Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>4/3/2019 Hot Dog On a Roll or Alternate Selection</p> <p>Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4/4/2019 <i>National Grilled Cheese Month</i> Toasted Cheese Sandwich or Alternate Selection</p> <p>Featured Veggies: Cherry Tomatoes Corn Salad Choice of Fruit Choice of Milk</p>	<p>4/5/2019 Big Daddy's Pepperoni Pizza (T) or Fish Sticks</p> <p>Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>4/8/2019 <i>National Empanada Day</i> Mini Peperoni Calzones(T) with dipping sauce or Alternate Selection</p> <p>Featured Veggies: Oven Fries Steamed Corn Choice of Fruit Choice of Milk</p>	<p>4/9/2019 Nacho Grande Tortilla Chips or Alternate Selection</p> <p>Featured Veggies: Black Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>4/10/2019 Cheese Burger On a Bun or Alternate Selection</p> <p>Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>4/11/2019 Macaroni & Cheese or Alternate Selection</p> <p>Featured Veggies: Yellow Beans Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>4/12/2019 Pizza Sticks with dipping sauce or Fish Sticks</p> <p>Featured Veggies: Oven Fries Steamed Carrots Choice of Fruit Choice of Milk</p>
<p>4/15/2019 Chicken Nuggets Pretzel Sticks or Alternate Selection</p> <p>Featured Veggies: Tomato Wedges Tater Tots Choice of Fruit Choice of Milk</p>	<p>4/16/2019 Mini Corn Dogs or Alternate Selection</p> <p>Featured Veggies: Baked Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>4/17/2019 Cheese Burger On a Bun or Alternate Selection</p> <p>Featured Veggies: Curley Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>4/18/2019 Stuffed Crust Pizza(T) or Alternate Selection</p> <p>Featured Veggies: Green Beans Caesar Salad Choice of Fruit/Milk <i>National Animal Cracker Day</i></p>	<p>4/19/2019 Spring Recess</p> <p>No School</p>
<p>4/22/2019 Spring Recess</p> <p>No School</p> <p>Earth Day</p>	<p>4/23/2019 Nachos Grande Tortilla Chips or Alternate Selection</p> <p>Featured Veggies: Mexicala Corn Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>4/24/2019 French Toast Sticks With Sausage Patties or Alternate Selection</p> <p>Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p>4/25/2019 Chicken Patty On a Bun or Alternate Selection</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>4/26/2019 <i>National Pretzel Day</i> Hot Ham & Cheese On a Pretzel Roll or Alternate Selection</p> <p>Featured Veggies: Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>4/29/2019 Cheese Burger On a Bun or Alternate Selection</p> <p>Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>4/30/2019 Walking Taco Pretzel Sticks or Alternate Selection</p> <p>Featured Veggies: Black Beans Corn Salad Choice of Fruit/Milk National Raisin Day</p>	<p>5/1/2019 Boneless Chicken Wings(T) with BBQ Sauce or Alternate Selection</p> <p>Featured Veggies: Tater Tots Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>5/2/2019 Penne Pasta with Meatballs Garlic Bread or Alternate Selection</p> <p>Featured Veggies: Oven Fries Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>5/3/2019 Italian Dunkers with dipping sauce or Alternate Selection</p> <p>Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>