



**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

**Weekly Vegetable Subgroups May Include:**

Dark Green - spinach, broccoli, romaine and spring salad Red/Orange - carrots, sweet potatoes, tomatoes and red peppers Legumes - beans and peas Starchy - potatoes, corn, peas & lima beans Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections**

**May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home**

Daily entrée options may include: Cheese Burger on a Bun Chicken Patty on a Bun Chicken Nuggets with Pretzel Stick Cheese or Pepperoni Pizza

**UP FOR GRABS**

Chicken Caesar Salad with Dinner Roll Strawberry Spinach Salad with Dinner Roll Chopped Garden Salad with Dinner Roll Taco Salad with Dinner Roll

Asian BBQ Chicken Wrap Chicken Caesar Wrap Club Sandwich Wrap

Turkey & Cheese Flat Bread Buffalo Chicken Roll Up Wrap Turkey & Spinach Roll Up Wrap



February Nutritious Friend



March Nutritious Friend

Be sure to try it on Sample Day

**Lunch Prices**

Student \$2.90  
Student Tier \$3.85  
Reduced \$4.40  
Adult \$3.75  
Adult Tier \$4.70

**John Rambo**

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**Monday**

2/10/2020

BBQ Ribby  
On a Bun  
or  
Chicken Mash Potato  
Bowl (T)

**Featured Veggies:**  
Mashed Potato  
Steamed Corn  
Choice of Fruit  
Choice of Milk

2/17/2020



Schools Closed

2/24/2020

In Service Day



No School  
For Students

3/2/2020

Cherp's Chicken  
Spicy or Regular  
or  
Texas Toasted  
Cheese Sandwich  
**Featured Veggies:**  
Tater Tots  
Tomato Soup  
Choice of Fruit  
Choice of Milk

3/9/2020

Cheese Burger  
On a Bun  
or  
Chicken Mash Potato  
Bowl (T)  
**Featured Veggies:**  
Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

3/16/2020

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**

**WING BAR (T)**

Bone In or Boneless  
Choice of Sauce  
or  
Pierogi Meal

**Featured Veggies:**  
Oven Fries  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**WING BAR (T)**

Bone In or Boneless  
Choice of Sauce  
or  
Peperoni Pizza

**Featured Veggies:**  
Green Beans  
Spinach Salad  
Choice of Fruit  
Choice of Milk

**PIZZA BAR**

Variety of Pizzas  
Garlic Bread Stick  
or  
Nachos Grande  
Tortilla Chips  
**Featured Veggies:**  
Refried Beans  
Stewed Tomatoes  
Choice of Fruit  
Choice of Milk

**MEXICAN BAR**

Nacho Grande  
Choice of Chicken or Beef  
or  
Mini Corn Dogs  
**Featured Veggies:**  
Refried Beans  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**WING BAR (T)**

Bone in or Boneless  
Choice of Sauce  
or  
Walking Taco  
Pretzel Sticks  
**Featured Veggies:**  
Mexicali Corn  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

**DELI BAR (T)**

Assorted Meats & Cheese  
Choice of Bread or Roll  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Steamed Corn  
Baked Beans  
Choice of Fruit  
Choice of Milk

**Wednesday**

2/12/2020

Italian Dunkers  
with Sauce  
or  
Spaghetti & Meat Sauce  
Garlic Bread  
**Featured Veggies:**  
Green Beans  
Romaine Salad  
Choice of Fruit  
Choice of Milk

2/19/2020

Turkey Club  
Sandwich  
or  
Nachos Grande  
Tortilla Chips  
**Featured Veggies:**  
Tater Tots  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

2/26/2020

Crispy Fish Sandwich  
On a Bun  
or  
General Tso's Chicken(T)  
over rice  
**Featured Veggies:**  
Steamed Broccoli  
Curly Fries  
Choice of Fruit  
Choice of Milk

3/4/2020

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Penne Pasta & Meatballs  
Garlic Bread  
**Featured Veggies:**  
Potato Wedges  
Caesar Salad  
Choice of Fruit  
Choice of Milk

3/11/2020

Cherp's Chicken  
On a Bun  
or  
French Toast Sticks  
With Sausage Patties  
**Featured Veggies:**  
Potato Triangles  
Ranchero Carrots  
Choice of Fruit  
Choice of Milk

3/18/2020

Egg, Sausage & Cheese  
On a Croissant  
or  
Cherp's Chicken  
Spicy or Regular  
**Featured Veggies:**  
Tater Tots  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**Thursday**

**BREAKFAST GRILLE**

French Toast Sticks  
With Sausage Patties  
or  
Jaguar Burger(T)  
on a Kisser Roll  
**Featured Veggies:**  
Hash Brown Potato  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

**CHEESE STEAK GRILL**

Philly Steak & Cheese  
or  
Texas Toasted  
Cheese Sandwich  
**Featured Veggies:**  
Tomato Soup  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**BUILD A BURGER**

Jaguar Burger(T)  
Choice of Toppings  
or  
Macaroni & Cheese  
with a Dinner Roll  
**Featured Veggies:**  
Green Beans  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**CHEESE STEAK GRILLE**

Philly Steak & Cheese  
On a Roll  
or  
Big Daddy's Pizza(T)  
**Featured Veggies:**  
French Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**VILLA TOSCANO GRILLE**

Pasta Bar  
Garlic Bread Stick  
or  
BBQ Rib Patty  
On a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Celery Sticks with Ranch  
Choice of Fruit  
Choice of Milk

**TJ CHIPOTLE GRILL**

Our Version of Chipotle(T)  
On a Soft Tortilla  
or  
Mini Corn Dogs  
**Featured Veggies:**  
Curly Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**Friday**

2/14/2020

Cherp's Chicken  
Spicy or Regular  
or  
Big Daddy's  
Pizza (T)  
**Featured Veggies:**  
Cherry Tomatoes  
Roasted Zucchini  
Choice of Fruit  
Choice of Milk



2/21/2020

Hot Ham and Cheese  
On a Croissant  
or  
Pepperoni Roll (T)  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

2/28/2020

Pepperoni Roll (T)  
with Sauce  
or  
Cheese Pizza Sticks  
with dipping sauce  
**Featured Veggies:**  
Cucumber Salad  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

3/6/2020

General Tso Chicken(T)  
over rice  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Cauliflower  
Choice of Fruit  
Choice of Milk

3/13/2020

Pierogi Meal  
w/ String Cheese  
or  
Pepperoni Roll (T)  
with Sauce  
**Featured Veggies:**  
Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

3/20/2020

Popcorn Shrimp  
with a Dinner Roll  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk