



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:

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

Beets are this months
Nutritious Friend
Give 'em a try



**Beat-head
BEET**

Lunch Prices
Student \$2.90
Student Tier \$3.85
Reduced \$.40
Adult \$3.75
Adult Tier \$4.70

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Monday

11/19/2018

THANKSGIVING DINNER

Roasted Turkey
Mashed Potatoes
Bread Stuffing
Turkey Gravy

Featured Veggies:

Garden Peas
Pumpkin Pie
Choice of Fruit
Choice of Milk

Tuesday

11/20/2018

Early Dismissal
for Conferences

No Lunch Service

Wednesday

11/21/2018

NO SCHOOL
Afternoon & Evening
Conferences

Thursday

11/22/2018

Thanksgiving Recess



Friday

11/23/2018

Thanksgiving Recess

11/26/2018

Thanksgiving Recess



Pizza Bar

Variety of Pizzas
Garlic Bread Stick
or
Popcorn Chicken

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

11/28/2018

Turkey Club
Sandwich
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Tater Tots
Green Pepper Strips
Choice of Fruit
Choice of Milk

CHEESE STEAK GRILL

Philly Steak & Cheese
Try a Large for Tier Price
or
Texas Toasted
Cheese Sandwich
Featured Veggies:
Tomato Soup
Green Pepper Strips
Choice of Fruit
Choice of Milk

11/30/2018

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

12/3/2018

Turkey & Cheese Melt
On a Croissant
or
Chicken Mash Potato
Bowl (T)

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

DELI BAR (T)

Assorted Meats & Cheese
Choice of Bread or Roll
or
Beef Taco
On a Soft Tortilla

Featured Veggies:

Refried Beans
Stewed Tomatoes
Choice of Fruit
Choice of Milk

12/5/2018

Toasted Spicy Chicken
Quesadilla
or
General Tso's Chicken(T)
w/Fried Rice & Egg Roll

Featured Veggies:

Steamed Broccoli
Curley Fries
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

12/7/2018

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

12/10/2018

Stuffed Steak
Sandwich
or
Chicken Nuggets
Pretzel Sticks

Featured Veggies:

Tater Tots
Cherry 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

12/12/2018

Open Face Meatball
Parmesan on Garlic Toast
or
Penne Pasta & Meatballs
Garlic Bread

Featured Veggies:

Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

CHEESE STEAK GRILLE

Philly Steak & Cheese
On a Roll
or
Spicy Chicken Patty
On a Bun
Featured Veggies:
French Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

12/14/2018

General Tso Chicken(T)
w/Fried Rice
or
Italian Dunkers
with Sauce
Featured Veggies:
Baby Carrots
Cauliflower
Choice of Fruit
Choice of Milk

12/17/2018

Cheese Burger
On a Bun
or
Spicy Chicken Patty
On a Bun

Featured Veggies:

Oven Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

WING BAR (T)

Bone in or Boneless
Choice of Sauce
or
Walking Taco
Pretzel Sticks

Featured Veggies:

Mexicala Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

12/19/2018

Chicken Mash Potato
Bowl (T)
or
French Toast Sticks
With Sausage Patties

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

VILLA TOSCANO GRILLE

Pasta Bar
Garlic Bread Stick
or
Italian Dunker
with dipping sauce
Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

12/21/2018

Pierogie Meal
w/ String Cheese
or
French Bread Pizza(T)
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

12/24/2018



12/25/2018

12/26/2018

12/27/2018

12/28/2018

