



**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.

**Be sure to check out the NEW TJ Stations Menu for Items Always Available and Daily Features**

**UP FOR GRABS Coolers May Include:**

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

BBQ Chicken Wrap. Chicken Caesar Wrap. Club Sandwich Wrap.

Turkey & Cheese Flat Bread. Buffalo Chicken Roll Up Wrap. Turkey & Spinach Roll Up Wrap. WowButter and Jelly Sandwich.



**August Nutritious Friend**

Be sure to try them on Sample Day



**September Nutritious Friend**

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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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8/26/2019</b> BBQ Ribby On a Bun or Popcorn Chicken with a Dinner Roll <b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>8/27/2019</b> Hot Ham and Cheese On a Pretzel Roll or Nacho Grande Tortilla Chips <b>Featured Veggies:</b> Black Beans Tomato &amp; Onion Salsa Choice of Fruit Choice of Milk</p>	<p><b>WING BAR(T)</b> Boneless wings Choice of Sauce or French Toast Sticks With Sausage Patties <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 Spicy or Regular or Spaghetti &amp; Meat Sauce Garlic Bread <b>Featured Veggies:</b> Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p><b>8/30/2019</b> Pierogi Meal String Cheese or Italian Dunkers with Sauce <b>Featured Veggies:</b> Cherry Tomatoes Roasted Zucchini Choice of Fruit Choice of Milk</p>
<p><b>9/2/2019</b> <b>LABOR DAY</b> <i>Happy Labor Day!!</i>  Schools Closed</p>	<p><b>DELI BAR(T)</b> Assorted Meats &amp; Cheese Choice of Bread or Roll or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p><b>9/4/2019</b> Turkey Reuben Sandwich or Cheese Burger <b>Featured Veggies:</b> Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>CHEESE STEAK GRILLE</b> Philly Steak &amp; Cheese Try a Large for Tier Price or Texas Toasted Cheese Sandwich <b>Featured Veggies:</b> Tomato Soup Tater Tots Choice of Fruit/Milk <b>OPEN HOUSE</b></p>	<p><b>9/6/2019</b> BBQ Ribby On a Bun or Pepperoni Roll(T) with dipping sauce <b>Featured Veggies:</b> Baby Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p><b>9/9/2019</b> Turkey &amp; Cheese Melt On a Croissant or Chicken Mash Potato Bowl (T) <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>Pizza Bar</b> Variety of Pizzas Garlic Bread Stick or Beef Taco On a Soft Tortilla <b>Featured Veggies:</b> Black Beans Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>9/11/2019</b> Toasted Spicy Chicken Quesadilla or General Tso Chicken(T) w/Fried Rice &amp; Egg Roll <b>Featured Veggies:</b> Broccoli Curley Fries Choice of Fruit Choice of Milk</p>	<p><b>BURGER BAR</b> Featuring the Jaguar(T) Choice of Toppings or Macaroni &amp; Cheese <b>Featured Veggies:</b> Yellow Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>9/13/2019</b> Hot Ham and Cheese On a Pretzel Roll or Homemade Pizza (T) <b>Featured Veggies:</b> Cucumber Salad Steamed Carrots Choice of Fruit Choice of Milk</p>
<p><b>9/16/2019</b> Philly Steak &amp; Cheese Try a Large for Tier Price or Chicken Patty on a Bun Spicy or Regular <b>Featured Veggies:</b> Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>9/17/2019</b> Pulled BBQ Pork On a Pretzel Roll or Bacon Cheese Burger (T) <b>Featured Veggies:</b> Potato Wedges Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>9/18/2019</b> Nacho Bar or Mini Corn Dogs <b>Featured Veggies:</b> Black Beans Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>9/19/2019</b> Italian Meatball Calzone(T) or Penne Pasta &amp; Meatballs Garlic Bread <b>Featured Veggies:</b> Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>9/20/2019</b> Popcorn Chicken or Pepperoni Roll(T) with Sauce <b>Featured Veggies:</b> Baby Carrots Apple Cider Slaw Choice of Fruit Choice of Milk</p>
<p><b>9/23/2019</b> Cheese Burger On a Bun or Chicken Mash Potato Bowl (T) <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>WING BAR(T)</b> Boneless or Bone-In Choice of Sauce or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Mexicali Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>9/25/2019</b> Chicken Patty on a Bun Spicy or Regular or French Toast Sticks With Sausage Patties <b>Featured Veggies:</b> Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p><b>VILLA TOSCANO GRILLE</b> Pasta Bar Garlic Bread Stick or Southern BBQ Pork On a Bun <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 String Cheese or Stuff Crust Pizza(T) <b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>9/30/2019</b> Philly Steak &amp; Cheese Try a Large for Tier Price or General Tso Chicken(T) w/Fried Rice &amp; Egg Roll <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> Nachos Grande Tortilla Chips or Chicken Parmesan On a Bun <b>Featured Veggies:</b> Steamed Corn Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>10/2/2019</b> Egg, Sausage &amp; Cheese On a Croissant or Chicken Nuggets with a Dinner Roll <b>Featured Veggies:</b> Tater Tots Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>FAJITA GRILLE</b> Chicken or Beef Fajita On a Soft Tortilla or Penne Pasta &amp; Meatballs Garlic Bread <b>Featured Veggies:</b> Curley Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>10/4/2019</b> Buffalo Chicken Hoagie (T) or Italian Dunkers with Sauce <b>Featured Veggies:</b> Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>