



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.



April Nutritious Friend

What do you call a Cauliflower growing at the edge of a garden?

"a border cauli!"

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

3/25/2019

BBQ Ribby
On a Bun
or

Popcorn Chicken
with a Dinner Roll

Featured Veggies:

Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

4/1/2019

Italian Meatball
Calzone(T)
or

Chicken Nuggets
with a Dinner Roll

Featured Veggies:

Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

4/8/2019

Turkey & Cheese Melt
On a Croissant
or

Chicken Mash Potato
Bowl (T)

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit/Milk
National Empanada Day

4/15/2019

Philly Steak & Cheese
Try a Large for Tier Price
or

Meatball Hoagie
Supersize it for Tier Pricing

Featured Veggies:

Tater Tots
Cherry Tomatoes
Choice of Fruit
Choice of Milk

4/22/2019

Spring Recess



No School

Earth Day

4/29/2019

Philly Steak & Cheese
Try a Large for Tier Price
or

General Tso Chicken(T)
w/Fried Rice & Egg Roll

Featured Veggies:

Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

3/26/2019

Hot Ham and Cheese
On a Pretzel Roll
or

Nacho Grande
Tortilla Chips

Featured Veggies:

Chick Pea Salad
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

4/2/2019

Pizza Sticks
with Dipping Sauce
or

Nachos Grande
Tortilla Chips

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit/Milk
National PB&J Day

Pizza Bar

Variety of Pizzas
Garlic Bread Stick
or

Nachos Grande
Tortilla Chips

Featured Veggies:

Black Beans
Stewed Tomatoes
Choice of Fruit
Choice of Milk

4/16/2019

BBQ Ribby
On a Bun
or
Double Bacon Cheese
Burger (T)

Featured Veggies:

Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

National Picnic Day

Jaguar Burger(T)
On a Bun
or
Grilled Hot Dog
On a Bun

Featured Veggies:

Baked Beans
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

4/30/2019

Nachos Grande
Tortilla Chips
or

Jaguar Burger(T)
On a Bun

Featured Veggies:

Steamed Corn
Baked Beans
Choice of Fruit/Milk
National Raisin Day

Wednesday

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

French Toast Sticks
With Sausage Patties

Featured Veggies:

Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

National Grilled Cheese Month

Texas Toasted
Cheese Sandwich

Featured Veggies:

Tomato Soup
Tater Tots
Choice of Fruit/Milk

4/10/2019

Meatball Hoagie
Supersize it for a Tier
or
General Tso Chicken(T)
w/Fried Rice & Egg Roll

Featured Veggies:

Broccoli
Curley Fries
Choice of Fruit
Choice of Milk

4/17/2019

Calzone Bar(T)
Variety of Calzones
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Black Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

French Toast Sticks
With Sausage Patties

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or

Chicken Parmesan
On a Bun

Featured Veggies:

Tater Tots
Carrot Sticks
Choice of Fruit
Choice of Milk

Thursday

3/28/2019

Swedish Meatballs
over noodles
or

Big Daddy's
Pizza (T)

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

CHEESE STEAK GRILLE

Philly Steak & Cheese
Try a Large for Tier Price
or

Jaguar Burger(T)

National Carrot Day

Steamed Carrots
Green Pepper Strips
Choice of Fruit
Choice of Milk

BURGER BAR

Featuring the Jaguar(T)
Choice of Toppings
or
Macaroni & Cheese

Featured Veggies:

Yellow Beans
Caesar Salad
Choice of Fruit
Choice of Milk

TJ CHIPOTLE GRILL

Our Version of Chipotle(T)
On a Soft Tortilla
or

Chicken Sliders
Regular or Spicy

Featured Veggies:

Green Beans
Caesar Salad
Choice of Fruit/Milk
National Animal Cracker Day

VILLA TOSCANO GRILLE

Pasta Bar
Garlic Bread Stick
or

Big Daddy's
Pizza (T)

Featured Veggies:

Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

5/2/2019

Mini Pepperoni Calzones(T)
with Dipping Sauce
or

Grilled Ham & Cheese
on Texas Toast

Featured Veggies:

Curley Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

Friday

3/29/2019

Pierogi Meal
String Cheese
or

Pepperoni Roll(T)
Lenten Option
Shrimp Taco

Featured Veggies:

Cherry Tomatoes
Roasted Zucchini
Choice of Fruit/Milk

4/5/2019

Italian Dunkers
with Sauce
or

Mini Pepperoni Calzones(T)

Lenten Option

Fish Sandwich

Featured Veggies:

Garden Peas
Chick Pea Salad
Choice of Fruit/Milk

4/12/2019

Pepperoni Roll(T)
with dipping sauce
or

Mozzarella Cheese Sticks

Lenten Option

Fish Sticks

Featured Veggies:

Cucumber Salad
Steamed Carrots
Choice of Fruit/Milk

4/19/2019

Spring Recess



No School

4/26/2019

Pierogi Meal
String Cheese
or

Pepperoni Roll(T)
with dipping sauce

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit/Milk
National Pretzel Day

5/3/2019

Italian Dunkers
with Sauce
or

Chicken Mash Potato
Bowl (T)

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk