

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

Meat or meat alternate

Choice of Vegetable

Choice of Fruit

Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

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

Featured Fruit May Include:

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

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES INCLUDE:

Chicken Patty Sandwich

Spicy Chicken Patty Sandwich

Hamburger on A Bun

Cheeseburger on A Bun

Assorted French Fries

Lunch Prices

Students - \$3.00

Reduced - \$0.40

Adult - \$4.75

MENU SUBJECT TO CHANGE

General Manager: Rebecca Salerno

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This institution is an equal opportunity provider and employer.



Monday

1



Happy New Year!

Tuesday

2

Open Face Turkey Sandwich
or
Cheeseburger/Hamburger
on a Bun

Featured Veggies:
Scalloped Potatoes
Celery Sticks
Featured Fruit
Choice of Milk

Wednesday

3

Bacon Cheddar Pierogies
or
Hot Dog on a Bun

Featured Veggies:
Steamed Broccoli
Fresh Side Salad
Featured Fruit
Choice of Milk

Thursday

4

Italian Dinkers
or
Chicken Patty
on a Bun

Featured Veggies:
Green Beans
Carrot and Celery Sticks
Featured Fruit
Choice of Milk

Friday

5

Cheesy Pizza
or
Hot Turkey and Cheese
on a Pretzel Roll

Featured Veggies:
Steamed Peas
Chickpea Salad
Featured Fruit
Choice of Milk

8

The Comet Bowl!
or
Chicken Fries with
Fresh Dinner Roll

Featured Veggies:
Mashed Potatoes
Steamed Corn
Featured Fruit
Choice of Milk

9

Chicken Fajitas with
Shredded Cheese
or
Cheeseburger on a Bun

Featured Veggies:
Refried Beans
Fresh Broccoli Florets
Featured Fruit
Choice of Milk

10

Chili
with Cornbread
or
Hot Dog on a Bun

Featured Veggies:
Steamed Carrots
Mixed Veggies
Featured Fruit
Choice of Milk

11

Buffalo Chicken
Panini
or
Chicken Patty Sandwich

Featured Veggies:
Steamed Green Beans
Fresh Side Salad
Featured Fruit
Choice of Milk

12

Bacon Pizza
or
Ham and Cheese
on a Croissant

Featured Veggies:
Steamed Broccoli
Carrot and Celery Sticks
Featured Fruit
Choice of Milk

15

NO SCHOOL TODAY



16

Nachos Grande with Beef
and Tortilla Chips
or
Cowboy Burger

Featured Veggies:
Refried Beans
Cherry Tomatoes
Featured Fruit
Choice of Milk

17

Macaroni and Cheese
with a Fresh Dinner Roll
or
Hot Dog on a Bun

Featured Veggies:
Stewed Tomatoes
Carrot and Celery Sticks
Featured Fruit
Choice of Milk

18

BBQ Pulled Pork
on a Bun
or
Chicken Parm Sandwich

Featured Veggies:
Sweet Mashed Potatoes
Fresh Side Salad
Featured Fruit
Choice of Milk

19

Pepperoni Pizza
or
Sloppy Joe
on a Bun

Featured Veggies:
Steamed Green Beans
Chickpea Salad
Featured Fruit
Choice of Milk

22

Brunch for Lunch!

French Toast Sticks with Sausage
or
Chicken Nuggets with
with a Fresh Dinner Roll

Featured Veggies:
Tater Tots
Fresh Cucumber Salad
Featured Fruit
Choice of Milk

23

Cheesy Meatball Hoagie
or
Cheeseburger on a Bun

Featured Veggies:
Green Peas
Lettuce & Tomato
Featured Fruit
Choice of Milk

24

The Comet Bowl!
or
Hot Dog on a Bun

Featured Veggies:
Steamed Carrots
Carrot and Celery Sticks
Featured Fruit
Choice of Milk

25

Mini Corn Dogs
or
Chicken Patty Sandwich

Featured Veggies:
Mashed Potatoes
Steamed Corn
Featured Fruit
Choice of Milk

26

NO SCHOOL TODAY
ACT 80 DAY

29

Grilled Cheese Sandwich
with Tomato Soup
or
Chicken Tenders
with a Fresh Dinner Roll

Featured Veggies:
Mixed Veggies
Fresh Broccoli Florets
Featured Fruit
Choice of Milk

30

Philly Cheesesteak
with Cheese
or
Cheeseburger on a Bun

Featured Veggies:
French Fries
Roasted Chickpeas
Featured Fruit
Choice of Milk

31

Walking Beef Tacos
with Salsa
or
Hot Dog on a Bun

Featured Veggies:
Steamed Corn
Baby Carrots
Featured Fruit
Choice of Milk

1

Pasta Day

Chicken Alfredo
With Garlic Knot
or
Chicken Parm Sandwich

Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Featured Fruit
Choice of Milk

2

Cheesy Pizza
or
Grilled Chicken and Cheese
on a Bun

Featured Veggies:
Steamed Carrots
Cucumber Slices
Featured Fruit
Choice of Milk