

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

Daily Fruit Selection May Include:

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

MS/HS Breakfast	ALL STUDENTS FREE	ALL STUDENTS FREE	ALL STUDENTS FREE
MS/HS Lunch	\$2.65	REDUCED \$0.40	Adult \$3.65
Elem. Breakfast	ALL STUDENTS FREE	ALL STUDENTS FREE	ALL STUDENTS FREE
Elem. Lunch	\$2.40	REDUCED \$0.40	Adult \$3.65

General Manager
Rebecca Salerno

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****MENU SUBJECT TO CHANGE**



Monday

1

Chicken Burrito
or
Popcorn Chicken
w/ Roll
FEATURED VEGGIES
Italian Green Beans
Broccoli Salad
Choice of Fruit
Choice of Milk

8

Sloppy Joe
On dinner Roll
or
Chicken Nuggets w/ Roll
FEATURED VEGGIES
Baked Beans
Baby Carrots
Choice of Fruit
Choice of Milk

15

Italian Meatball
Hoagie
or
Chicken Fries
w/ Roll
FEATURED VEGGIES
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

22

Asian Sesame Chicken
Over Rice
Or
Popcorn chicken
w/ Roll
FEATURED VEGGIES
Roasted Broccoli
Carrot and Celery Sticks
Choice of Fruit
Choice of Milk

29

NO SCHOOL

**MEMORIAL DAY
WEEKEND**

Tuesday

2

JAZZ'D UP FRIES w/ Roll
topped w/ BBQ Chicken Bites
Cheese Sauce & Bacon
(or) Cowboy Burger
FEATURED VEGGIES
Steamed Golden Corn
Choice of Fruit
Choice of Milk

9

Open faced
Turkey Sandwich w/ Gravy
or
Hamburger on a Roll
FEATURED VEGGIES
Oven Baked Sweet Potatoes
Tossed Salad
Choice of Milk
Choice of Fruit

16

Chicken Fajita
w/ Steamed Rice
or
Cheeseburger on Roll
FEATURED VEGGIES
Refried Beans
Homemade Coleslaw
Choice of Fruit
Choice of Milk

23

Nachos Grande
w/ Beef & Cheese Sauce
served over Chips w/ Roll
or
Cowboy on Roll
FEATURED VEGGIES
Ranch Refried Bean
Garden Salsa Cup
Choice of Fruit
Choice of Milk

30

COMET BOWL
Popcorn Chicken over
Mashed Potatoes w/ Gravy
Steamed Corn & Cheese
(or) Cheeseburger on a Bun
FEATURED VEGGIES
Steamed Golden Corn
Baby Carrots
Choice of Fruit
Choice of Milk

Wednesday

3

BBQ Pork
Sandwich
or
Hot Dog on Roll
FEATURED VEGGIES
Italian Green Beans
Tossed Salad
Choice of Fruit
Choice of Milk

10

Bacon Cheddar
Piergoies
or
Hot Dog on a Roll
FEATURED VEGGIES
Curly Fries
Black Bean Salad
Choice of Fruit
Choice of Milk

17

JACK'D UP FRIES
topped w/ Chicken Bites
Cheese Sauce & Bacon
(or) Hot Dog on Roll
FEATURED VEGGIES
Steamed Broccoli
Choice of Fruit
Choice of Milk

24

Homemade
Mac & Cheese
w/ Dinner Roll
or
Hot Dog on Roll
FEATURED VEGGIES
Stewed Tomatoes
Broccoli Salad
Choice of Fruit
Choice of Milk

31

Mini Corn Dog
Nuggets
or
Hot Dog on Roll
FEATURED VEGGIES
Italian Green Beans
Tossed Salad
Choice of Fruit
Choice of Milk

Thursday

4

Cheesy Lasagna
Roll Up
or
Chicken Patty Sandwich
FEATURED VEGGIES
Steamed Corn
Celery Sticks
Choice of Fruit
Choice of Milk

11

Philly Cheesesteak
or
Chicken Parm Sandwich
FEATURED VEGGIES
Tomato Soup
Cucumber Slices
Choice of Fruit
Choice of Milk

18

Spaghetti
w/ Meat Sauce (Beef)
Garlic Bread Stick
(or) Chicken Patty Sandwich
FEATURED VEGGIES
Steamed Peas
Fresh Cauliflower
Choice of Fruit
Choice of Milk

25

Pulled Pork BBQ
on Roll
or
Chicken Parm Sandwich
FEATURED VEGGIES
Baked Beans
Homemade Coleslaw
Choice of Fruit
Choice of Milk

Friday

5

Cheese Pizza
or
Ham & Cheese Melt
on a Croissant
FEATURED VEGGIES
Roasted Broccoli
Carrot and Celery Sticks
Choice of Fruit
Choice of Milk

12

Italian Dunkers w/ Sauce
or
Turkey & Cheese
on croissant
FEATURED VEGGIES
Steamed Broccoli
Celery Sticks
Choice of Fruit
Choice of Milk

19

Cheese Pizza
or
Ham & Cheese Melt
on a Croissant
FEATURED VEGGIES
Steamed Mixed Vegetables
Chickpea Salad
Choice of Fruit
Choice of Milk

26

Cheese Pizza
or
Turkey & Cheese Melt
on a Croissant
FEATURED VEGGIES
Roasted Broccoli
Carrot and Celery Sticks
Choice of Fruit
Choice of Milk