

**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, mandarin oranges

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Philly Cheesesteak with Peppers & Onions Deli Bar Salad Bar <b>Featured Veggies:</b> Crinkle Cut Fries  Choice of Fruit Choice of Milk	<b>2</b> Loaded Bacon Cheddar Pierogies w Roll Deli Bar Salad Bar <b>Featured Veggies:</b> Roasted Sweet Potatoes  Choice of Fruit Choice of Milk
<b>5</b> Cheeseburger on a Whole Grain Bun Deli Bar Salad Bar <b>Featured Veggies:</b> Tater Tots  Choice of Fruit Choice of Milk	<b>6</b> Orange Chicken with White Rice Deli Bar Salad Bar <b>Featured Veggies:</b> Crinkle Cut Fries  Choice of Fruit Choice of Milk	<b>7</b> Italian Subs Deli Bar Salad Bar <b>Featured Veggies:</b> Sidewinder Fries  Choice of Fruit Choice of Milk	<b>8</b> County Fair Mini Corndogs BBQ Baked Beans Deli Bar Salad Bar <b>Featured Veggies:</b> Steamed Mixed Vegetables  Choice of Fruit Choice of Milk	<b>9</b> Buffalo Chicken Dip Over Tortilla Chios Deli Bar Salad Bar <b>Featured Veggies:</b> Lemon Parm Broccoli  Choice of Fruit Choice of Milk
<b>12</b> Chicken Tenders Seasoned Rice Salad Bar <b>Featured Veggies:</b> Steamed Mixed Vegetables  Choice of Fruit Choice of Milk	<b>13</b> Nachos Grande Deli Bar Salad Bar <b>Featured Veggies:</b> Refried Beans  Choice of Fruit Choice of Milk	<b>14</b> Hawaiian Pork Sandwich on Ciabatta Deli Bar Salad Bar <b>Featured Veggies:</b> Sweet Potato Fries  Choice of Fruit Choice of Milk	<b>15</b> Breakfast for Lunch Egg, Ham & Cheese Croissant Salad Bar <b>Featured Veggies:</b> Hash Brown Potato  Choice of Fruit Choice of Milk	<b>16</b> Pizza Potato Chios Deli Bar Salad Bar <b>Featured Veggies:</b>  Choice of Fruit Choice of Milk
<b>19</b> Chicken Nuggets Buttered Noodles Deli Bar Salad Bar <b>Featured Veggies:</b> Cheesy Carrot Casserole  Choice of Fruit Choice of Milk	<b>20</b> Beef Soft Tacos with Salsa Deli Bar Salad Bar <b>Featured Veggies:</b> Steamed Corn  Choice of Fruit Choice of Milk	<b>21</b> Chicken Alfredo Over Penne Pasta Deli Bar Salad Bar <b>Featured Veggies:</b> Steamed Broccoli Garlic Breadstick Choice of Fruit Choice of Milk	<b>22</b> Buffalo Chicken Flatbread Deli Bar Salad Bar <b>Featured Veggies:</b> Steamed Peas  Choice of Fruit Choice of Milk	<b>23</b> Fish Sandwich on a Whole Grain Bun Deli Bar Salad Bar <b>Featured Veggies:</b> Tater Tots  Choice of Fruit Choice of Milk
<b>26</b> Spicy Chicken Patty On a Whole Grain Bun Deli Bar Salad Bar <b>Featured Veggies:</b> Mixed Vegetables  Choice of Fruit Choice of Milk	<b>27</b> Homemade Mac & Cheese Deli Bar Salad Bar <b>Featured Veggies:</b> Broccoli  Choice of Fruit Choice of Milk	<b>28</b> Hot Ham & Cheese Pretzel Melt Deli Bar Salad Bar <b>Featured Veggies:</b> Sweet Potato Fries  Choice of Fruit Choice of Milk	<b>29</b> Bacon Cheeseburger on a Whole Grain Bun Deli Bar Salad Bar <b>Featured Veggies:</b> Crinkle Cut Fries  Choice of Fruit Choice of Milk	<b>30</b> Italian DUNKERS with Marinara Deli Bar Salad Bar <b>Featured Veggies:</b> Steamed Green Beans  Choice of Fruit Choice of Milk