



*What is "a meal"?*

Lunch consists of 3-5 servings from the following food groups:

- 1 serving milk**
- 1 serving protein**
- 1 serving bread**
- 2 different servings of fruit/veggie/juice**

Double servings of the same food or servings in addition to the patterns listed above are charge at an ala carte price.

*Ala Carte Prices:*

Entrée	\$1.75	Fruit/Veggie	\$1.00
French Fries	\$1.00	Juice , 8 oz	\$.75
Milk	\$.40	Chips/Dessert	\$.60
Sports Drinks	\$1.00		

Menus may change without notice due to delivery or other unforeseen availability issues.

*Featured Lunch Specials, Week A*

**Monday**

Breaded Chicken, Mashed Potatoes, Peas, Applesauce, Biscuit Ham and Cheese Wrap, Chips, Fruit

**Tuesday**

Taco Salad, Salsa, Sour Cream, Fruit  
Pork BBQ Sandwich, Slaw, Potato Rounds, Cooked Apples

**Wednesday**

Beef or Chicken Teriyaki, Eggroll, Rice, Steamed Veggies, Fruit  
Philly Steak Sandwich

**Thursday**

Beef or Chicken Fajita with Rice and Beans, Corn, Fruit  
Southwest Chicken Pasta Salad, Fresh Fruit, Muffin

**Friday**

Baked Potato Bar with Chili and Cheese, Steamed Broccoli, Roll  
Deli Turkey and Cheese Sub, Chips, Fruit

*Featured Lunch Specials, Week B*

**Monday**

Wings, Mashed Potatoes, Peas, Biscuit Ham and Cheese Sub, Chips, Fruit

**Tuesday**

Southwest Chicken, Rice, Green Beans, Fruit, Roll  
Pork BBQ Sandwich, Slaw, Potato Rounds, Cooked Apples

**Wednesday**

Pasta with Meat Sauce, Steamed Broccoli, Fruit, Roll  
Philly Steak Sandwich

**Thursday**

Beef or Chicken Fajita with Rice and Beans, Corn, Fruit  
Chicken Salad Croissant, Chips, Fruit

**Friday**

Mac and Cheese, Fish Nuggets, Hushpuppy, Green Beans, Cooked Apples  
Deli Turkey and Cheese Wrap, Chips, Fruit

*Available Daily*

- Salad Bar**
- Chicken Breast Sandwich, Regular or Grilled**
- Popcorn Chicken**
- Large Topper Burger (M, TH, F) OR Corndog (W)**
- Tony's Pizza (M,W,F) OR Pizza Sticks with Marinara (T,TH)**
- Sandwich Pack—PBJ, Cheese Cube, Fruit, Chips**
- PBJ, Fruited Yogurt, Fruit, Chips**
- Snack Pack—Muffin, Cottage Cheese, Fresh Fruit**

**100% Fruit Juice**

**Choice of LowFat Milk (white or chocolate) comes with all full meals**

**NOTE: French Fries are available daily but always at an ala carte price of \$.00 per serving.**

