



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	\$.50	Chips/Dessert	\$.75
Sports Drinks	\$1.00	Ice cream	\$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
Chili (vegetarian and beef), cornbread

Tuesday
Taco Salad, Salsa, Sour Cream, Fruited Gelatin
Pork BBQ Sandwich, Slaw, Corn, Cooked Apples

Wednesday
Chicken Teriyaki, Eggroll, Rice, Steamed Veggies, Fruit
Philly Steak Sandwich

Thursday
Chicken Quesadilla with Rice and Beans, Corn, Fruit
Pinto Beans, Mac and Cheese, Cornbread, Green Beans

Friday
Baked Potato Bar with Chili and Cheese, Steamed Broccoli, Roll
Nacho Bar

Featured Lunch Specials, Week B

Monday
Wings, Mashed Potatoes, Peas, Applesauce, Biscuit
Chili (vegetarian and beef), cornbread

Tuesday
Turkey Pot Pie, Fruited Gelatin
Pork BBQ Sandwich, Slaw, Corn, Cooked Apples

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

Thursday
Beef Fajita Bowl with Rice and Beans, Corn, Fruit
Taco Soup, Toasted Cheese Sandwich

Friday
Steak and Gravy, WW Roll, Green Beans, Fruit
Fish Nuggets, Mac and Cheese, Slaw, Green Beans, Hushpuppy

Available Daily

Salad Bar
Chicken Breast Sandwich, Regular or Grilled
Popcorn Chicken
Mini- Burgers
Sloppy Joes
Tony's Pizza (M,W,F) OR Pizza Sticks with Marinara (T,TH)
Assorted Cold Sandwich Packs
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 \$1.00 per serving for all students.