



*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.**

