



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 - 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

Daily Entree Options may include:

PBJ Craveable:
PB&J with
String Cheese & Graham Snack
OR
Chef Salad w/ Roll



Chef Metz Investigates



Lunch Prices
\$2.10
Reduced \$0.40
Adult \$3.25

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MISHELL SCHLEGEL
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USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday

FEBRUARY FUN:

Super Bowl Party-Feb. 1st
Chinese New Year-Feb. 5th
Valentine's Day Meal-Feb. 14th
President's Day, No School-Feb. 18th
National Muffin Day, get a Mini Muffin with your Lunch-Feb. 19th

4

Chicken Nuggets
w/Soft Pretzel Stick
or
BBQ Ribby
on a Bun

Featured Veggies:
Baked Beans
Fresh Carrots
Choice of Fruit & Milk
A

5

General Tso's Chicken
w/Rice & Fortune Cookie
or
Hot Dog
on a Bun

Featured Veggies:
Steamed Broccoli
Steamed Carrots
Choice of Fruit & Milk
CHINESE NEW YEAR

6

Toasted Cheese
Sandwich
or
Fish Shapes
w/Roll

Featured Veggies:
Tomato Soup
Fresh Celery
Choice of Fruit & Milk
C

7

Cold Italian
Hoagie
or
Yogurt
Craveable

Featured Veggies:
Tater Tots
Lettuce/Tomato Cup
Choice of Fruit & Milk
D

8

Cheese Stick Dippers
w/Sauce
or
Turkey & Cheese
on a Bun

Featured Veggies:
Romaine Salad
Garden Peas
Choice of Fruit & Milk
E

11

Popcorn Chicken
w/Noodles
or
All American Hoagie
on a Bun

Featured Veggies:
Broccoli
Mixed Veggies
Choice of Fruit & Milk
F

12

Beefaroni
w/Breadstick
or
Cheese Steak
Hoagie

Featured Veggies:
Fresh Carrots
Green Beans
Choice of Fruit & Milk
A

13

Open Faced Hot Roast Beef
Sandwich w/Gravy
or
Ham & Cheese
on a Pretzel Roll

Featured Veggies:
Mashed Potatoes
Celery Sticks
Choice of Fruit & Milk
B

14

**Valentine's Day Menu
to be
Announced**

**EARLY DISMISSAL
at 11:45**

C

15

Flatbread White
Pizza w/Sauce
or
Sloppy Joe
on a Bun

Featured Veggies:
Fresh Broccoli
Peas
D

18

**President's Day
Break**



No School

19

NATIONAL MUFFIN DAY

Bacon Cheeseburger
or
Hot Dog on a Bun
Mini Muffin

Featured Veggies:
Baked Beans
Celery
Choice of Fruit & Milk
E

20

Chicken Mashed
Potato Bowl w/Roll
or
Rib-B-Que
on a Bun

Featured Veggies:
Mashed Potatoes
Corn
Choice of Fruit & Milk
F

21

Spaghetti w/Meat Sauce
or
Hot Ham & Cheese
on a Bun

Featured Veggies:
Romaine Salad
Steamed Carrots
Choice of Fruit & Milk
A

22

Stuffed Crust Pizza
or
Cheese Steak Hoagie
on a Roll

Featured Veggies:
Green Beans
Lettuce & Tomato Cup
Choice of Fruit & Milk
B

25

Chicken Patty
on a Bun
or
BBQ Ribby Sandwich
on a Bun

Featured Veggies:
Green Beans
Sweet Potatoes
Choice of Fruit & Milk
C

26

Nachos Grande
w/Roll
or
Fish Sandwich
on a Bun

Featured Veggies:
Corn
Salsa
Choice of Fruit & Milk
D

27

Chicken & Waffles
w/Gravy
or
Hot Dog
on a Bun

Featured Veggies:
Mashed Potatoes
Fresh Carrots
Choice of Fruit & Milk
E

28

Cheeseburger
on a Bun
or
Sloppy Joe
on a Bun

Featured Veggies:
Tater Tots
Peas
Choice of Fruit & Milk
F

NOW HIRING: If you would like to make some extra money while your children are in school, consider applying for work as a substitute in the cafeterias or as a custodian. The hours are very flexible!



