

February 2024



High School Lunch

What is a Meal?
 You must choose at least 3 of the 5 components available for the school lunch price.
A 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

Weekly Vegetable Subgroups May Include:
 Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy - potatoes, corn, peas & lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
 Oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
 Daily entrée options may include:
 Cheese Burger on a Bun
 Chicken Patty on a Bun
 Cheese or Pepperoni Pizza
 Specialty Pizza

Chef Fresh
 Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.

To add funds to your child's account, please visit:
SCHOOLCAFE.COM

****Menu subject to change due to product availability****

Lunch Prices
 Student \$2.80
 Reduced \$.00
 Adult \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
			2/1/24 Pasta with Meat Sauce Garlic Bread <u>Featured Veggies:</u> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	2/2/24 Loaded Cheese Steak Tots <u>Featured Veggies:</u> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
2/5/24 Sesame Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/6/24 Walking Tacos Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	2/7/24 Breakfast For Lunch Sausage, Egg & Cheese On English Muffin <u>Featured Veggies:</u> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	2/8/24 Meatball Hoagie <u>Featured Veggies:</u> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	2/9/24 General Tso Chicken Steamed Rice <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk
2/12/24 BBQ Rib Patty <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	2/13/24 Walking Tacos Topping Bar <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	2/14/24 Smoked Kielbasa & Haluski with Dinner Roll <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/15/24 Tater Tot Casserole <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	2/16/24 1/2 Day Breakfast Only
2/19/24 NO SCHOOL	2/20/24 NO SCHOOL	2/21/24 General Tso Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/22/24 Hot Dog Topping Bar <u>Featured Veggies:</u> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	2/23/24 Chicken Enchilada <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk
2/26/24 Breaded Ravioli Marinara Sauce <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/27/24 Walking Tacos Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	2/28/24 Buffalo Chicken Dip Tortilla Chips <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	2/29/24 Chicken Tenders Gravy & Biscuit <u>Featured Veggies:</u> Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	

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