

March-April 2023



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 \$.40
Adult \$3.60

General Manager
Tracy Drank
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USDA is an equal opportunity provider and employer.

Monday 3/27/23	Tuesday 3/28/23	Wednesday 3/29/23	Thursday 3/30/23	Friday 3/31/23
Buffalo Chicken Dip with Tortilla Chips <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	Walking Tacos with Tortilla Chips <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	Penne Pasta Meatballs & Marinara Dinner Roll <u>Featured Veggies:</u> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	Chicken Fingers with Biscuits & Gravy <u>Featured Veggies:</u> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	Pierogis Dinner Roll <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
BBQ Rib Sandwich on a Club Roll <u>Featured Veggies:</u> Garlicky Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	Sesame Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	ACT 80 1/2 DAY	Easter Break No School	Easter Break No School
Easter Break No School	Beef or Chicken Cheesesteak Peppers & Onions <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	Cheese Filled Breadsticks with Marinara <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	All Beef Hot Dog Topping Bar Chilli & Cheese Sauce <u>Featured Veggies:</u> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	Macaroni & Cheese Dinner Roll <u>Featured Veggies:</u> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
Chicken Alfredo over Pasta Garlic Breadstick <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	Nacho Grande Beef or Chicken Topping Bar <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	Breakfast for Lunch French Toast, Sausage & Eggs <u>Featured Veggies:</u> Hash Browns Fresh Vegetables Choice of Fruit Choice of Milk	Loaded Pierogis Filled w/ Bacon, Cheddar Sour Cream & Chives with Pretzel Stick <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	Buffalo Chicken Jacked Up Fries <u>Featured Veggies:</u> French Fries Fresh Vegetables Choice of Fruit Choice of Milk
Seasoned Baked Chicken Stuffing & Gravy <u>Featured Veggies:</u> Mashed Potato Fresh Vegetables Choice of Fruit Choice of Milk	Walking Tacos with Tortilla Chips Topping Bar <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	Cheese Ravioli Garlic Breadstick <u>Featured Veggies:</u> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	Mashed Potato Bowl Popcorn Chicken Mashed Potatoes, Corn Cheddar Cheese <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	Cheese Filled Breadsticks with Marinara <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk