

Daily Options may

include:

**Monday**  
**CHICKEN CENTRAL**  
**NACHO GRANDE\***

**Tuesday**  
**DELI\* & PASTA**

**Wednesday**  
**NACHO GRANDE\***  
**CHICKEN CENTRAL**

**Thursday**  
**BURGER & DOGS**

**Friday**  
**NACHO GRANDE\***  
**CHICKEN CENTRAL**

**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 - 1% white, fat-free white, chocolate, & vanilla

**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

**Lunch Prices**

Student \$2.60/\$3.15\*

Reduced \$.40

Adult \$3.70/\$4.00\*

Make checks payable: BPSD CAFÉ FUND

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[www.PayForIt.net](http://www.PayForIt.net)

USDA is an equal opportunity provider and employer.

**Monday**

1/28/2019  
Chicken Mash Potato Bowl\*  
with a Dinner Roll  
**CHICKEN CENTRAL**  
**ROASTED CHICKEN LUNCH**  
  
Steamed Corn  
BIG DADDY'S PIZZA \*

2/4/2019  
Chicken Mash Potato Bowl\*  
with a Dinner Roll  
**CHICKEN CENTRAL**  
**ROASTED TURKEY LUNCH**  
**NACHO GRANDE\***  
*Try some Avocado!*  
Steamed Corn  
BIG DADDY'S PIZZA \*

2/11/2019  
Chicken Mash Potato Bowl\*  
with a Dinner Roll  
**CHICKEN CENTRAL**  
**ROASTED CHICKEN LUNCH**  
Beef & Cheddar Sandwich  
Broccoli/Cheese Casserole

2/18/2019  
Chicken Mash Potato Bowl\*  
with a Dinner Roll  
**CHICKEN CENTRAL**  
**ROASTED TURKEY Sandwich**  
  
Steamed Corn  
BIG DADDY'S PIZZA \*

2/25/2019  
Chicken Mash Potato Bowl\*  
with a Dinner Roll  
**CHICKEN CENTRAL**  
**ROASTED CHICKEN LUNCH**  
  
Steamed Corn  
BIG DADDY'S PIZZA \*

**Tuesday**

**DELI BAR\***  
Penne Pasta & Meat Sauce  
Bread Stick  
**CHICKEN CENTRAL**  
  
BACON RANCH CHICKEN SANDWICH  
  
Garden Salad  
SALAD BEETS

**DELI BAR\***  
Penne Pasta & Meat Sauce  
Bread Stick  
**CHICKEN CENTRAL**  
  
Pulled BBQ Pork  
  
Garden Salad

**DELI BAR\***  
Penne Pasta & Meatballs  
Bread Stick  
**CHICKEN CENTRAL**  
**MEATBALL HOAGIE**  
  
Green Beans  
Romaine Salad

**DELI BAR\***  
Penne Pasta & Meat Sauce  
Bread Stick  
**CHICKEN CENTRAL**  
CHICKEN PARMESAN/SIDE PASTA  
  
FRESH BABY CARROTS  
Green Beans

2/26/2019  
Penne Pasta & Meat Sauce  
Bread Stick  
**CHICKEN CENTRAL**  
  
BACON RANCH CHICKEN SANDWICH  
  
Garden Salad

**Wednesday**

1/30/2019  
GENERAL TSO CHICKEN\*  
MINI CALZONE'S\*  
WITH SAUCE  
**NACHO GRANDE\***  
CHICKEN & CHEESE QUESADILLA  
**CHICKEN CENTRAL**  
Steamed Broccoli  
BAKED POTATO BAR

2/6/2019  
GENERAL TSO CHICKEN\*  
MINI CALZONE'S\*  
WITH SAUCE  
Philly Steak & Cheese  
Sandwich  
**Fresh GARDEN SALAD**  
Tater Tots  
Steamed Broccoli  
PEPPERONI OR CHEESE PIZZA\*

2/13/2019  
GENERAL TSO CHICKEN\*  
MINI CALZONE'S\*  
WITH SAUCE  
"WALKIN" DORITOS TACO  
**CHICKEN CENTRAL**  
CHICKEN & CHEESE QUESADILLA  
STEAMED BROCCOLI  
BAKED POTATO BAR  
(Ala carte Egg Roll \$1.35)  
PICKLE DAY!

2/20/2019  
GENERAL TSO CHICKEN\*  
MINI CALZONE'S\*  
WITH SAUCE  
**NACHO GRANDE\***  
ITALIAN HOAGIE  
**CHICKEN CENTRAL**  
Steamed Broccoli  
Potato Wedges

2/27/2019  
GENERAL TSO CHICKEN\*  
OVER RICE  
"WALKIN" DORITOS TACO  
**CHICKEN CENTRAL**  
STEAMED BROCCOLI  
BAKED POTATO BAR  
(Ala carte Egg Roll \$1.35)

**Thursday**

1/31/2019  
RIBS, BURGER & DOGS  
MACARONI & CHEESE  
w/bread stick  
DELI BAR\*  
BREADED MOZZARELLA STICKS\*  
W/SAUCE  
  
Sweet Green Peas

2/7/2019  
RIBS, BURGER & DOGS  
DELI BAR\*  
  
ROASTED TURKEY Sandwich  
  
STUFFED CHEESE STICKS  
Rotini & Meat Sauce  
  
Chicken Noodle Soup

2/14/2019  
RIBS, BURGER & DOGS  
DELI BAR\*  
  
BREADED MOZZARELLA STICKS\*  
W/SAUCE  
**Spaghetti & Meat Sauce**  
LETTUCE & TOMATO  
Tomato Soup  
PEPPERONI OR CHEESE PIZZA\*  
HAPPY VALENTINE'S DAY

RIBS, BURGER & DOGS  
MACARONI & CHEESE  
w/bread stick  
  
STUFFED CHEESE STICKS  
FRESH GARDEN SALAD  
  
Baked Beans

BURGER & DOG BAR  
DELI BAR\*  
Beef & Cheddar Sandwich  
BREADED MOZZARELLA STICKS\*  
W/SAUCE  
  
PASTA BAR  
  
Green Pepper Strips

**Friday**

2/1/2019  
Pierogies  
TUNA NOODLE CASSEROLE  
**PEPPERONI ROLL\***  
with Sauce  
**CHICKEN CENTRAL**  
  
Broccoli/Cheese Soup

2/8/2019  
TOASTED CHEESE SANDWICH  
**NACHO GRANDE\***  
**PEPPERONI ROLL\***  
**Fresh GARDEN SALAD**  
Tomato Soup  
Black Beans

2/15/2019  
**NACHO GRANDE\***  
FISH SANDWICH  
**PEPPERONI ROLL\***  
with Sauce  
**CHICKEN CENTRAL**  
  
MIXED VEGTABLES

2/22/2019  
TOASTED CHEESE SANDWICH  
**NACHO GRANDE\***  
**PEPPERONI ROLL\***  
**Fresh GARDEN SALAD**  
Tomato Soup

3/1/2019  
**NACHO GRANDE\***  
SLOPPY JOE SANDWICH  
**PEPPERONI ROLL\***  
with Sauce  
**CHICKEN CENTRAL**  
  
Black Beans