



**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

**Daily Vegetable Choices May Include:**

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

**Daily Fruit Choices 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  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza



Some of the items that may be offered: Vegetable Garden Salad  
Ham or Turkey Salad w/ Roll  
Chef's Salad w/ roll  
Greek Salad w/ Roll  
Strawberry Spinach Salad w/ Roll  
Caprese Pasta Salad with Roll  
Ham & Cheese Wrap or Turkey and Swiss on Baguette  
Buffalo chicken Wrap  
Taco Chicken Roll  
Chicken Caesar Roll  
Roast Beef and Cheddar Wrap



Menu Subject to Change based on product availability.

Try Schoolcafe.com for menus and nutritional information

**LUNCH PRICES:**  
Student \$2.90/\$3.70\*  
Reduced \$.40  
Adult \$4.35/\$4.55\*

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[www.payfort.net](http://www.payfort.net) for online payments  
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MONDAY 8/22/2022	TUESDAY 8/23/2022	WEDNESDAY 8/24/2022	THURSDAY 8/25/2022	FRIDAY 8/26/2022
<b>Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.</b>				
<b>PIZZA EXPRESS</b> Entrée Pasta Bar or Burger Bar  <b>FEATURED VEGGIES</b> French Fries Celery Sticks Choice of Fruit Choice of Milk  8/29/2022	Entrée Toasted Cheese Sandwich or Fresh Baked Pepperoni Roll w/dipping sauce*  <b>FEATURED VEGGIES</b> Broccoli Salad French Fries Choice of Fruit Choice of Milk  8/30/2022	Entrée General Tso Chicken over rice* or Mini Corn Dogs <b>FEATURED VEGGIES</b> Broccoli Baby Carrots Choice of Fruit Choice of Milk  8/31/2022	Entrée Philly Cheesesteak or Hot Ham & Cheese on a Pretzel Bun <b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Cauliflower Choice of Fruit Choice of Milk  9/1/2022	Entrée Loaded Bacon & Cheddar Pierogis or Chicken Quesadilla Pizza <b>FEATURED VEGGIES</b> Red Pepper Strips Chickpea Salad Choice of Fruit Choice of Milk  9/2/2022
<b>Chicken Central</b>				
<b>Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.</b>				
Entrée Chicken Mashed Potato Bowl or Breakfast for Lunch  <b>FEATURED VEGGIES</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk  9/5/2022	Entrée Nacho Grande or Check out Chicken Central  <b>FEATURED VEGGIES</b> Salsa Black Beans Choice of Fruit Choice of Milk  9/6/2022	Entrée General Tso Chicken over rice* or Mini Corn Dogs <b>FEATURED VEGGIES</b> Broccoli Baby Carrots Choice of Fruit Choice of Milk  9/7/2022	Entrée Philly Cheesesteak or Hot Ham & Cheese on a Pretzel Bun <b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Cauliflower Choice of Fruit Choice of Milk  9/8/2022	Entrée Loaded Bacon & Cheddar Pierogis or Chicken Quesadilla Pizza <b>FEATURED VEGGIES</b> Red Pepper Strips Chickpea Salad Choice of Fruit Choice of Milk  9/9/2022
<b>Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.</b>				
Schools Closed  9/12/2022	Entrée Grilled Chicken Sandwich or Walking Taco  <b>FEATURED VEGGIES</b> Steamed Garden Peas Side Salad Choice of Fruit Choice of Milk  9/13/2022	Entrée County Fair Corn Dog or Asian Sesame Chicken Wrap <b>FEATURED VEGGIES</b> Baked Potato w/ Toppings Steamed Mixed Veggies Choice of Fruit Choice of Milk  9/14/2022	Entrée Chicken Fajita Quesadilla or Pulled Pork BBQ Sandwich <b>FEATURED VEGGIES</b> Green Beans Fresh Pico De Gallo Choice of Fruit Choice of Milk  9/15/2022	Entrée Buffalo Chicken Dip Over Tortilla Chips or Flat Bread Pizza <b>FEATURED VEGGIES</b> Roasted Broccoli Baby Carrots Choice of Fruit Choice of Milk  9/16/2022
<b>PIZZA EXPRESS</b>				
<b>Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.</b>				
Entrée Spaghetti & Meatballs w a Garlic Breadstick or Turkey Bacon Ranch Wrap <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Tomato & Mozzarella Salad Choice of Fruit Choice of Milk  9/19/2022	Entrée Soft Shell Beef Taco or Nacho Grande  <b>FEATURED VEGGIES</b> Refried Bean Dip Fresh Pico De Gallo Choice of Fruit Choice of Milk  9/20/2022	Entrée French Toast Sticks with Sausage Pattv or Ham & Cheese Hoagie <b>FEATURED VEGGIES</b> Triangle Hash Browns Baby Carrots Choice of Fruit Choice of Milk  9/21/2022	Entrée BBQ Chicken Sandwich or Hawk Burger - Bacon * Cheeseburger on a Keiser Bun <b>FEATURED VEGGIES</b> Oven Fries Coleslaw Choice of Fruit Choice of Milk  9/22/2022	Entrée Fresh Dough Pepperoni Roll with Dipping Sauce* or Popcorn Chicken <b>FEATURED VEGGIES</b> Roasted Zucchini Side Caesar Salad Choice of Fruit Choice of Milk  9/23/2022
<b>Chicken Central</b>				
<b>Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.</b>				
Entrée Chicken Nuggets w/ Buttered Noodles or Macaroni & Cheese <b>FEATURED VEGGIES</b> Baby Carrots Broccoli Salad Choice of Fruit Choice of Milk  9/26/2022	Entrée Pulled Pork Soft Taco or Nacho Grande  <b>FEATURED VEGGIES</b> Apple Cider Slaw Black Beans Choice of Fruit Choice of Milk  9/27/2022	Entrée General Tso Chicken over rice* or Hot Dag <b>FEATURED VEGGIES</b> Oriental Vegetable Fresh Cauliflower Choice of Fruit Choice of Milk  9/28/2022	Entrée Popcorn Chicken Bowl or Grilled Ham & Cheese Sandwich on Texas Toast <b>FEATURED VEGGIES</b> Mashed Potatoes Golden Corn Choice of Fruit Choice of Milk  9/29/2022	Entrée Flatbread Fare! Variety of crafted Flatbreads, or Fish Sandwich <b>FEATURED VEGGIES</b> Tater Tots Side Caesar Salad Choice of Fruit Choice of Milk  9/30/2022
<b>Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.</b>				
Entrée Hot Turkey Sandwich With Gravy or Meatball Hoagie <b>FEATURED VEGGIES</b> Oven Fries Green beans Choice of Fruit Choice of Milk  9/26/2022	Entrée Loaded Baked Potato Bar or Walking Taco  <b>FEATURED VEGGIES</b> Steamed Broccoli Side Salad Choice of Fruit Choice of Milk  9/27/2022	Entrée Hot Ham and Cheese Pretzel Melt or Grilled Chicken Wrap <b>FEATURED VEGGIES</b> Sweet Potato Fries Chickpea Salad Choice of Fruit Choice of Milk  9/28/2022	Entrée Hawk Burger - Bacon * Cheeseburger on a Keiser Bun or Pasta with Meatballs <b>FEATURED VEGGIES</b> Steamed Green Beans Cole slaw Choice of Fruit Choice of Milk  9/29/2022	Entrée Italian Dunkers with Marinara Dipping Sauce Or Hot Dog Bar <b>FEATURED VEGGIES</b> BBQ Baked Beans Sliced Cucumber Choice of Fruit Choice of Milk  9/30/2022