



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



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.payforit.net for online payments
Paper check? Make payable to "BPSD Cafeteria Fund"

USDA is an equal opportunity provider and employer.

MONDAY 3/13/2023	TUESDAY 3/14/2023	WEDNESDAY 3/15/2023	THURSDAY 3/16/2023	FRIDAY 3/17/2023
PIZZA EXPRESS				
Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.				
<p>Entrée Pasta Bar-Chicken or Meatballs Alfredo or Marinara over penne Or Meatball Hoagie FEATURED VEGGIES Oven Fries Green beans Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Enchiladas or Walking Taco FEATURED VEGGIES Steamed Golden Corn Side Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Breakfast Sandwich or General Tso Chicken over rice* FEATURED VEGGIES Triangle Hash Browns Oriental Vegetable Choice of Fruit Choice of Milk</p>	<p>Entrée Hawk Burger - Bacon * Cheeseburger on a Keiser Bun or Chicken Patty on a Bun FEATURED VEGGIES Glazed Carrots Cole slaw Choice of Fruit Choice of Milk</p>	<p>Entrée Fish Sticks W/Roll Or Hot Dog Bar FEATURED VEGGIES BBQ Baked Beans Sliced Cucumber Choice of Fruit Choice of Milk</p>
3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023
Chicken Central				
Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
<p>Entrée Chicken Parmesan Over Pasta Or Italian Dunker W/Dipping Sauce FEATURED VEGGIES Oven Fries Green Beans Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken Dip Over Tortilla Chios or Nachos Grande FEATURED VEGGIES Steamed Golden Corn Celery Sticks Choice of Fruit Choice of Milk</p>	<p>Entrée Mini Corn Dogs or Steak & Cheese Hoagie FEATURED VEGGIES Oriental Vegetable Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Sausage Egg & Cheese Croissant or Macaroni N Cheese W/Soft Pretzel Stick FEATURED VEGGIES Hash Browns Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Toasted Cheese Sandwich or Fresh Baked Pepperoni Roll w/dipping sauce* FEATURED VEGGIES Broccoli Salad French Fries Choice of Fruit Choice of Milk</p>
3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023
cheffresh				
Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.				
<p>No School Teacher In-Service </p>	<p>Entrée Taco Pizza or Chicken Quesadilla FEATURED VEGGIES Salsa Black Beans Choice of Fruit Choice of Milk</p>	<p>Entrée Toasted Italan Hoagie or General Tso Chicken over rice* FEATURED VEGGIES Mandarin Oranges Oriental Vegetable Choice of Fruit Choice of Milk</p>	<p>Entrée Holiday Lunch- Roasted Ham W/Roll Baked Pasta or Hot Ham & Cheese Pretzel FEATURED VEGGIES Au Gratin Potatoes Green Beans Choice of Fruit Choice of Milk</p>	<p>Entrée Pierogis or Fish Sandwich FEATURED VEGGIES Red Pepper Strips Chickpea Salad Choice of Fruit Choice of Milk</p>
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
PIZZA EXPRESS				
Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.				
<p>Entrée Pasta Bar-Chicken or Meatballs Alfredo or Marinara over penne or Hot Ham & Cheese Pretzel FEATURED VEGGIES Mixed Veggies Tomato & Mozzarella Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Southwest Chicken Bowl W/Rice or Walking Taco FEATURED VEGGIES Steamed Golden Corn Side Salad Choice of Fruit Choice of Milk</p>	<p>Entrée County Fair Corn Dog or Chicken Nuggets W/Buttered Noodles FEATURED VEGGIES Baked Potato Wedges Steamed Mixed Veggies Choice of Fruit Choice of Milk</p>	<p>No School Spring Break </p>	<p>No School Spring Break </p>
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
Chicken Central				
Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
<p>No School Spring Break </p>	<p>Entrée Soft Shell Beef Taco or Chicken Enchilada FEATURED VEGGIES Refried Bean Dip Fresh Pico De Gallo Choice of Fruit Choice of Milk</p>	<p>Entrée Asian Chicken over rice* or French Toast Sticks w/Sausage FEATURED VEGGIES Triangle Hash Browns Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Macaroni & Cheese or Hawk Burger - Bacon * Cheeseburger on a Keiser Bun FEATURED VEGGIES Oven Fries Coleslaw Choice of Fruit Choice of Milk</p>	<p>Entrée Fresh Baked Pepperoni Roll* with Marinara Dipping Sauce or Popcorn Chicken FEATURED VEGGIES Roasted Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
cheffresh				
Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.				
<p>Entrée Pasta Bar-Chicken or Meatsauce Alfredo or Marinara over penne or Corn Dog on a Stick FEATURED VEGGIES Roasted Broccoli Bell Pepper Strips Choice of Fruit Choice of Milk</p>	<p>Entrée Spicy Chicken Quesadilla or Nachos Grande FEATURED VEGGIES Apple Cider Slaw Black Beans Choice of Fruit Choice of Milk</p>	<p>Entrée Tater Tot Bowl Seasoned Steak or Buffalo Chicken Nacho Cheese Spicy Ranch FEATURED VEGGIES Green Beans Side Caesar Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Deli Wraps* or Grilled Ham & Cheese Sandwich on Texas Toast FEATURED VEGGIES Crinkle Cut Fries Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Italian Dunkers w/Marinara Dipping Sauce or Fish Sandwich FEATURED VEGGIES Tater Tots Side Caesar Salad Choice of Fruit Choice of Milk</p>