

Monday	Tuesday	Wednesday	Thursday	Friday
8/19/24	8/20/24	8/21/24	8/22/24	8/23/24
In-Service Day	In-Service Day	Day 1 Hot Ham & Cheese on a WG Bun or Popcorn Chicken with a WG Roll <b>FEATURED VEGGIES</b> Tator Tots Baby Carrots	Day 2 Chicken and Cheese on a WG Roll or Nachos Grande with WG Tortilla Chips <b>FEATURED VEGGIES</b> Baked Beans Tomato & Onion Salsa	Day 3 BBQ Ham Sandwich on a WG Bun or French Toast Sticks with Sausage Patties <b>FEATURED VEGGIES</b> Hashbrown Potatoes Fresh Cucumber Slices
8/26/24	8/27/24	8/28/24	8/29/24	8/30/24
Day 4 Chicken Patty on a WG Bun or Beef and Cheese Lasagna with Garlic Bread <b>FEATURED VEGGIES</b> Steamed Corn Romaine Salad	Day 5 Stir-Fry over Brown Rice or Stromboli with Sauce <b>FEATURED VEGGIES</b> Cherry Tomatoes Celery Sticks	Day 6 Italian Meatballs & Cheese on a WG Roll or Popcorn Chicken with a WG Roll <b>FEATURED VEGGIES</b> Oven Fries Red Pepper Strips	Day 7 BBQ Chicken & Cheese Wrap or Walking Taco with a WG Roll <b>FEATURED VEGGIES</b> Roasted Zucchini Spinach Salad	Day 8 Hot Dog on a Roll or Hot Turkey Sandwich <b>FEATURED VEGGIES</b> Mashed Potatoes Green Pepper Strips
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
Vacation Day	Day 9 Texas Toasted Cheese Sandwich or Beef & Mac <b>FEATURED VEGGIES</b> Tomato Soup Tater Tots	Day 10 BBQ Rib Patty on a WG roll or Pepperoni Pizza Bagel <b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Chick Pea Salad	Day 11 Turkey & Cheese Melt on a WG Croissant or Popcorn Chicken with a WG Roll <b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn	Day 12 Macaroni & Cheese or Beef Taco with WG Soft Tortilla Shell <b>FEATURED VEGGIES</b> Baked Beans Stewed Tomatoes
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Day 13 Cheeseburger on a Bun or Asian Sesame Chicken Over Brown Rice <b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks	Day 14 Chicken Fajita on WG Soft Tortilla or Baked Ziti w/ Meatballs Garlic Breadstick <b>FEATURED VEGGIES</b> Celery Sticks w/ Ranch Romaine Salad	Day 15 Hot Italian Sandwich or Cheese Pizza Sticks with Dipping Sauce <b>FEATURED VEGGIES</b> Cucumber Salad Tomato Wedges	Day 16 Toasted Cheese Sandwich or Chicken Nuggets with a Pretzel Stick <b>FEATURED VEGGIES</b> Tomato Soup Tater Tots	Day 17 Corn Dog or Nachos Grande with WG Tortilla Chips <b>FEATURED VEGGIES</b> Black Bean Salsa Lettuce & Tomato Salad
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Day 18 Sloppy Joe On a WG Bun or Chicken & Gravy over a WG Biscuit <b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Carrots	Day 19 Hot Ham & Cheese On a Pretzel Roll or Cheesy Beef Mac Over Noodles <b>FEATURED VEGGIES</b> Yellow Beans Caesar Salad	Day 20 Chicken & Cheese Quesadilla or Pepperoni Pizza <b>FEATURED VEGGIES</b> Oven Browned Sweet Potatoes Corn Salad	Day 21 Spaghetti and Meatballs with a WG Roll or Popcorn Chicken with a WG Roll <b>FEATURED VEGGIES</b> Potato Wedges Baby Carrots	Hot Dog on a Roll or Chicken Patty Sandwich Candied Carrots Choice of Fruit and Fresh Vegetables Choice of Milk
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
Meatball Sub or Cheese Pizza  Sweet Peas Choice of Milk and Fresh Vegetables Choice of Milk	Walking Taco or Chicken Patty Sandwich  Green Beans Choice of Milk and Fresh Vegetables Choice of Milk	Chicken Nuggets or Cheeseburger  Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk	Breakfast for Lunch French Toast Sticks Sausage, Hashbrown or Cheese Pizza  Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk	Cheddar Cheese Pierogi or Chicken Patty Sandwich  Candied Carrots Choice of Fruit and Fresh Vegetables Choice of Milk

Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges

**WHAT IS A SCHOOL LUNCH**  
Please 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 school lunch to accommodate the free meal qualifications.

Meal Components offered daily are:  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white or chocolate



**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes and red peppers  
**Legumes** - beans and peas  
**Starchy** - white potatoes, corn, peas, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green beans, cabbage and green peppers

**Daily Fruit Selections**  
**May Include:**  
oranges, apples, bananas, pears, peaches, strawberries and applesauce

**Daily Options**

**Include:**



Garden Salad with a WG Roll or a Soft Pretzel Twist

PB&J on WG Bread

Ham and Cheese Sandwich



BYO Flatbread Pizza  
Smucker's PB&J

August and September's Nutritious Friends are:  
Be sure to look for samples on your cafeteria serving line.

Menu is subject to change due to product availability

Student Reduced Lunch: Free  
Student Paid Lunch: Free  
Student 2nd Meal: \$  
Adult Lunch: \$4.75

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