

Monday	Tuesday	Wednesday	Thursday	Friday
9/30/24	10/1/24	10/2/24	10/3/24	10/4/24
MainPlate Turkey Reuben or J. CLARK'S GRILLE Buffalo Chicken Dip with Tortilla Chips Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Philly Cheese Steak Sandwich or TACO TUESDAY Nachos Grande Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Cheese Ravioli with a Garlic Breadstick or J. CLARK'S GRILLE Build-A-Burger Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Chicken Mashed Potato Bowl or J. CLARK'S GRILLE Chicken Patty Sandwich Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Macaroni & Cheese w/ Toppings or Street Eats Corn Dogs 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				
10/7/24	10/8/24	10/9/24	10/10/24	10/11/24
MainPlate Grilled Cheese Sandwich with Tomato Soup or J. CLARK'S GRILLE Buffalo Chicken Dip with Tortilla Chips Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Chicken Parmesan Hoagie with Cheese or TACO TUESDAY Beef Burrito Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Chicken Tenders with a Dinner Roll or J. CLARK'S GRILLE Build-A-Burger Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Spaghetti and Meat Sauce with a Garlic Breadstick or J. CLARK'S GRILLE Chicken Patty Sandwich Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Buffalo Chicken and Cheese Flatbread or Street Eats Chili Con Corn Dog 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				
10/14/24	10/15/24	10/16/24	10/17/24	10/18/24
MainPlate Breakfast for Lunch <small>French Toast Sticks, Sausage Links, Hashbrowns</small> or J. CLARK'S GRILLE Buffalo Chicken Dip with Tortilla Chips Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Chicken Pot Pie or TACO TUESDAY Walking Taco Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate BBQ Pork Rib Patty Sandwich or J. CLARK'S GRILLE Build-A-Burger Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Chicken Alfredo over Pasta or J. CLARK'S GRILLE Chicken Patty Sandwich Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
10/21/24	10/22/24	10/23/24	10/24/24	10/25/24
MainPlate Southwest Chicken and Rice Bowl or J. CLARK'S GRILLE Buffalo Chicken Dip with Tortilla Chips Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Cowboy Burger with cheese, onion ring and bbq or TACO TUESDAY Nachos Grande Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Ham and Cheese on a Pretzel Roll or J. CLARK'S GRILLE Build-A-Burger Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Chicken and Gravy over a Biscuit with Mashed Potatoes or J. CLARK'S GRILLE Chicken Patty Sandwich Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Macaroni & Cheese w/ Toppings or Street Eats Mini Corn Dogs with a Hot Honey Drizzle 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				
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
MainPlate Cheddar Cheese Pierogies with Keilbasi or J. CLARK'S GRILLE Buffalo Chicken Dip with Tortilla Chips Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate BBQ Pulled Pork Sandwich or TACO TUESDAY Beef Burrito Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Monte Cristo Sandwich or J. CLARK'S GRILLE Build-A-Burger Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Grilled Cheese Sandwich and Tomato Soup or J. CLARK'S GRILLE Chicken Patty Sandwich Bar Choice of Fruit and Fresh Vegetables Choice of Milk	MainPlate Philly Cheesesteak Hoagie or J. CLARK'S GRILLE Chicken Stir-Fry (day) 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

oranges, apples, bananas, pears, peaches, strawberries and applesauce



BRAVO!

Mozzarella Pizza Sticks
Soft Pretzel



Chicken Caesar Salad
Chopped Garden Salad
Both Offered with a WG Roll



Turkey and Cheese Hoagie
Ham and Cheese Hoagie
Italian Sub
PB&J Sandwich



Pepperoni Pizza
Cheese Pizza

Tammy Vinglas
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Menu is subject to change due to product availability

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

USDA is an equal opportunity provider and employer



ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST

NUTRITIONAL INFORMATION IS AVAILABLE AT:

WWW.SCHOOLCAFE.COM