



Monday	Tuesday	Wednesday	Thursday	Friday
12/30/19	12/31/19	1/1/20	1/2/20	1/3/20
			Popcorn Chicken Bowl or Alternate Entrees Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Stuffed Crust Pizza or Alternate Entrees Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk
			3	4
1/6/20	1/7/20	1/8/20	1/9/20	1/10/20
BBQ Pork w/ Whole Grain Roll or Alternate Entrees Featured Veggies: Wedge Fries Fresh Broccoli Choice of Fruit Choice of Milk	Macaroni & Cheese or Alternate Entrees Featured Veggies: Stewed Tomatoes Sliced Cucumbers Choice of Fruit Choice of Milk	Chicken Lomein or Alternate Entrees Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	Spicy Chicken on WG Bun or Alternate Entrees Featured Veggies: French Fries Romaine Salad Choice of Fruit Choice of Milk	Italian Style Meatballs w/ Breadstick or Alternate Entrees Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk
6	1	2	3	4
1/13/20	1/14/20	1/15/20	1/16/20	1/17/20
Pulled Pork Hoagie or Alternate Entrees Featured Veggies: Baked Beans Sliced Cucumber Choice of Fruit Choice of Milk	Walking Taco or Alternate Entrees Featured Veggies: Black Beans Red Pepper Strips Choice of Fruit Choice of Milk	Chicken Tenders w/ WG Rol or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk	French Toast Sticks w/ Sausage Links or Alternate Entrees Featured Veggies: Sweet Potato Tots Carrot Sticks Choice of Fruit Choice of Milk	School Made Pizza or Alternate Entrees Featured Veggies: Italian Style Eggplant Italian Salad Choice of Fruit Choice of Milk
5	6	1	2	3
1/20/20	1/21/20	1/22/20	1/23/20	1/24/20
	Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit Choice of Milk	Popcorn Chicken w/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk	Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk
	4	5	6	1
1/27/20	1/28/20	1/29/20	1/30/20	1/31/20
Loaded Baked Potato w/ WG Breadstick or Alternative Entrées Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	Mac & Cheese or Alternate Entrees Featured Veggies: Stewed Tomatoes Carrot Sticks Choice of Fruit Choice of Milk	Toasted Cheese or Alternate Entrees Featured Veggies: Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk	Stuffed Shells w/ WG Texas Toast or Alternate Entrees Featured Veggies: Steamed Spinach Italian Salad Choice of Fruit Choice of Milk	The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk
2	3	4	5	6
2/3/2020	2/4/2020	2/5/2020	2/6/2020	2/7/2020
Chicken Nuggets w/ WG Roll or Alternative Entrées Featured Veggies: Tator Tots Green Beans Choice of Fruit Choice of Milk	Nachos Grande or Alternative Entrees Featured Veggies: Seasoned Black Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	General Tso Chicken w/ WG Rice or Alternate Entrees Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	Stuffed Shells w/ WG Texas Toast or Alternate Entrees Featured Veggies: Steamed Spinach Italian Salad Choice of Fruit Choice of Milk	Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk
1	2	3	4	5

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 and strawberry

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 White - potatoes, corn, peas and 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 and mandarin oranges

LEAVE YOUR LUNCH AT HOME

DAILY OPTIONS:

- Chicken Patty
- Pizza Slice
- Yogurt Craveable
- Turkey Sandwich Craveable
- Chef Salad



www.schoolcafe.com
 See website for more details

2019/2020

