

MILK
Offered Daily

1% White
and
Fat Free – Flavored



MyPlate

<http://www.choosemyplate.gov/>

PRICES

Breakfast

Student \$.000
Adult \$ 1.85
Visitors \$ 1.85

Lunch

Student \$ 0.00
Adult \$ 3.20
Visitors \$ 3.20

Salad Dressing






Note:

All Garden Salads on the Hot Food serving line are served with (1 oz.) or PC RF-Buttermilk Ranch Dressing

SEASONAL FRESH FRUIT
Served Daily on ALL lines

Apple, Orange or Banana
OFFERED Daily
This Menu
Is Subject
To Change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>7 <u>TENDER BAKED PORK CHOPS</u> Steamed Brown Rice w/Gravy <u>AMERICAN SUB SANDWICH</u> Chef Salad Garden Salad w/Dressing Oven Baked Potato Wedges Southern Green Beans Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Fruit Cocktail</p>	 <p>8 <u>HOMEMADE LASAGNA</u> <u>CHICKEN BACON RANCH HOAGIE</u> Fruit & Yogurt Plate Garden Salad w/Dressing Whole Kernel Corn Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Chilled Peach Slices Assorted Milk</p>	 <p>9 <u>SEASONED BAKED CHICKEN</u> <u>SLICED HAM & CHEESE HOAGIE</u> Fruit & Yogurt Plate Garden Salad w/Dressing Southern Turnip Greens/Southern Cornbread/Saltine Crackers Fresh Fruit Bowl/Chilled Peach Slices Assorted Milk</p>	 <p>10 <u>LOADED BAKED POTATO</u> <u>W/CHICKEN & HAM</u> <u>MEXICAN TACO OLE W/CHIPS</u> <u>BONELESS BUFFALO CHICKEN HOAGIE</u> Steamed Broccoli Spears Chef Salad/Garden Salad w/Dressing Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Nutritious Pineapple Tidbits Assorted Milk</p>	 <p>11 <u>DELICIOUS BONELESS BUFFALO HOT WINGS</u> <u>GLAZED BBQ MEATBALLS ON HOAGIE</u> Chef Salad/ Garden Salad w/Dressing Baked Ranch Fries Soft Yeast Roll Saltine Crackers Fresh Fruit Bowl Sweet Applesauce Assorted Milk</p>
<p>14 <u>CREAMY CHICKEN ALFREDO W/A TWIST</u> <u>OPEN FACE ROAST SANDWICH</u> Grilled Chicken Salad Tomato & Cucumber Salad Whole Kernel Corn Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Mandarin Fruit Cup Assorted Milk</p>	<p>15 <u>SMOTHERED SAULSBURY STEAK W/GRAVY</u> <u>STEAMED BROWN RICE</u> <u>JUICY JUMBO HOT DOG</u> Grilled Chicken Salad Tomato & Cucumber Salad California Veggies Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Chilled Diced Pears Assorted Milk</p>	<p>16 <u>JOHN WAYNE CASSEROLE</u> <u>MOUTH WATERING BBQ RIB SANDWICH</u> Grilled Chicken Salad Tomato & Cucumber Salad California Veggies Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Chilled Diced Pears Assorted Milk</p>	<p>17 <u>CHEESY MACARONI & CHEESE W/ HAM SLICE</u> <u>BAKED ROAST BEEF HOAGIE</u> Grilled Chicken Salad Tomato & Cucumber Salad Southern Green Beans Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Chilled Peach Slices Assorted Milk</p>	<p>18 <u>DELICIOUS BUFFALO HOT WINGS</u> <u>SLICED TURKEY & CHEESE HOAGIE</u> Chef Salad Tomato & Cucumber Salad Oven Baked Potato Wedges Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl Fruit Cocktail Assorted Milk</p>
<p>21 <u>SMOTHERED BEEF TIPS OVER NOODLES</u> <u>STEAMED BROWN RICE W/ GRAVY</u> <u>AMERICAN SUB SANDWICH</u> Chef Salad Garden Salad W/Dressing Creamy Mashed Potatoes Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Sweet Applesauce Assorted Milk</p>	<p>22 <u>ITALIAN BAKED CHICKEN</u> <u>GLAZED MEATBALLS ON HOAGIE</u> Chef Salad Garden Salad W/Dressing Saltine Crackers Garden Salad W/Dressing Seasoned Cabbage/Southern Cornbread Fresh Fruit Bowl/Chilled Pear Halves Assorted Milk</p>	<p>23 <u>MEATY BEEF-A-RONI</u> <u>YOGURT & SANDWICH COMBO</u> Chef Salad/ Saltine Crackers Garden Salad W/Dressing Southern Pinto Beans/Southern Cornbread Fresh Fruit Bowl/Fruit Cocktail Assorted Milk</p>	<p>24 <u>HOMEMADE MEATLOAF/W BROWN GRAVY</u> <u>STEAMED BROWN RICE</u> <u>JUICY JUMBO HOT DOG</u> Chef Salad/Garden Salad W/Dressing Macaroni & Cheese Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Mandarin Orange Cup Assorted Milk</p>	<p>25 <u>DELICIOUS BUFFALO HOT WINGS</u> <u>SLICED HAM & CHEESE HOAGIE</u> Chef Salad/Garden Salad W/Dressing Savory Baked Beans Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Nutritious Pineapple Tidbits Assorted Milk</p>
<p>28 <u>ZESTY SPAGGETTI & MEAT SAUCE</u> <u>GRILLED CHICKEN SANDWICH</u> Chef Salad/Garden Salad W/Dressing Whole Kernel Corn Whole Wheat Garlic Toast/ Saltine Crackers Fresh Fruit Bowl/Sweet Applesauce Assorted Milk</p>	<p>29 <u>LOADED BAKED POTATO</u> <u>W/CHICKEN & HAM</u> <u>SLICED HAM & CHEESE HOAGIE</u> Chef Salad/Garden Salad W/Dressing Steamed Broccoli Spears/California Veggies Soft Yeast Roll/Saltine Crackers Fresh Fruit Bowl/Chilled Diced Pears Assorted Milk</p>	<p>30 <u>OVEN BAKED CORN DOG NUGGETS</u> <u>SLICED HAM & CHEESE HOAGIE</u> Italian Pepperoni Pizza Wedges Chef Salad/Garden Salad W/Dressing Oven Baked Potato Wedges Southern Green Beans Soft Yeast Roll/Saltine Crackers Fresh Fruit Cup/Nutritious Pineapple Tidbits Assorted Milk</p>	<p>31 <u>BEEFY NACHOS GRANDE</u> <u>CHEESY CHICKEN SPAGHETTI</u> <u>SLICED TURKEY & CHEESE HOAGIE</u> Chef Salad/Garden Salad w/Dressing Sweet Green Peas Saltine Crackers/Soft Yeast Roll Chilled Peach Slices/Fresh Fruit Bowl Assorted Milk</p>	