


MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What is a meal? An Entrée (Protein & Grain usually ie: WG Sandwich) Fruit Vegetable A Low Fat Milk</p>	<p><u>Ala Carte Items Available</u> Assorted Baked Chips Homemade Cookies Water 100% Canned Juice TCBY Yogurt Homemade Hummus & Pretzels Mini Cinnis</p>		<p>Vendible breakfast, lunch and snack items will be available all day to all students</p>	
<p>Cold Taco Salad Served w/ Spicy Meat, Grated Cheese, Romaine Lettuce, Diced Tomatoes, Salsa and Sour Cream or WG Tuna Bagel Served w/ Romaine Lettuce & Sliced Tomato or Chicken Pattie on a WG Bun or Spicy Chicken Pattie on a WG Bun or Cheeseburger on a WG Bun or Fresh Salad w/ WG Roll & Dressing or Fresh Bagel w/ Cream Cheese or 4 Buffalo Crunchers</p> <p><u>Served w/Both Choices:</u> Fresh Fruit Fresh Vegetables ½ c Orange Juice or ½ c Apple Juice FF Chocolate Milk FF Strawberry Milk LF White Milk</p>	<p>Pizza or WG Tuna Bagel Served w/ Romaine Lettuce & Sliced Tomato or Chicken Pattie on a WG Bun or Spicy Chicken Pattie on a WG Bun or Cheeseburger on a WG Bun or Fresh Salad w/ WG Roll & Dressing or Fresh Bagel w/ Cream Cheese or 4 Buffalo Crunchers</p> <p><u>Served w/Both Choices:</u> Fresh Fruit Fresh Vegetables ½ c Orange Juice or ½ c Apple Juice FF Chocolate Milk FF Strawberry Milk LF White Milk</p>	<p>Turkey Bacon WG Wrap Served w/ Romaine Lettuce, Sliced Tomato and 1 PC Mayo Packet or WG Tuna Bagel Served w/ Romaine Lettuce & Sliced Tomato or Chicken Pattie on a WG Bun or Spicy Chicken Pattie on a WG Bun or Cheeseburger on a WG Bun or Fresh Salad w/ WG Roll & Dressing or Fresh Bagel w/ Cream Cheese or 4 Buffalo Crunchers</p> <p><u>Served w/Both Choices:</u> Fresh Fruit Fresh Vegetables ½ c Orange Juice or ½ c Apple Juice FF Chocolate Milk FF Strawberry Milk LF White Milk</p>	<p>6 WG Chicken Nuggets & WW Dinner Roll or WG Tuna Bagel Served w/ Romaine Lettuce & Sliced Tomato or Chicken Pattie on a WG Bun or Spicy Chicken Pattie on a WG Bun or Cheeseburger on a WG Bun or Fresh Salad w/ WG Roll & Dressing or Fresh Bagel w/ Cream Cheese or 4 Buffalo Crunchers</p> <p><u>Served w/Both Choices:</u> Fresh Fruit Fresh Vegetables ½ c Orange Juice or ½ c Apple Juice FF Chocolate Milk FF Strawberry Milk LF White Milk</p>	<p>BBQ Rib on a WG Bun or WG Tuna Bagel Served w/ Romaine Lettuce & Sliced Tomato or Chicken Pattie on a WG Bun or Spicy Chicken Pattie on a WG Bun or Cheeseburger on a WG Bun or Fresh Salad w/ WG Roll & Dressing or Fresh Bagel w/ Cream Cheese or 4 Buffalo Crunchers</p> <p><u>Served w/All Choices:</u> Fresh Fruit Fresh Vegetables ½ c Orange Juice or ½ c Apple Juice FF Chocolate Milk LF White Milk</p>

Menu is subject to change without notice

New State & Federal Regulations for 2016-2017

1 c Fruit Serving

1 c Vegetable Serving

(Weekly minimums: 1/2c legumes, 1/2c dark greens, 1 1/4c red/orange, 1/2c starchy, 3/4c other, Plus an additional 1 ½ c veg)

2 Grain Minimum per Day

2oz Protein Minimum per Day

Minimum- Maximum Calories 750-850

8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered)

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1420 mg or less

Zero Trans Fats

WG: Whole Grain

WW: Whole Wheat

LS: Low Sodium

RF: Reduced Fat

Student Lunch Price: \$ 3.75 Milk: \$.75

A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged

Non-discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
 (2) fax: (202) 690-7442; or
 (3) email: program.intake@usda.gov.
 This institution is an equal opportunity provider.