



# LUNCH MENU



## Mama's Kitchen

<b>Monday</b> Chicken Mashed Potato Green Beans Tossed Salad Roll Fruit	<b>Tuesday</b> Potato Bar Broccoli/Cheese Baked Beans Carrot Sticks Bread Slice Fruit	<b>Wednesday</b> Breakfast Bar Baked Apples Veggie Sticks Tossed Salad	<b>Thursday</b> Stir Fry Rice Noodles Tossed Salad Fruit	<b>Friday</b> Corn dog Mac/Cheese Broccoli Carrot Sticks Tossed Salad Fruit
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## Pop's Grill

<b>Monday</b> Cheeseburger Spicy Chicken Tossed Salad	<b>Tuesday</b> Cheeseburger Chili Dog Baked Beans Tossed Salad	<b>Wednesday</b> Cheeseburger Ham/Cheese Veggie sticks Tossed Salad	<b>Thursday</b> Cheeseburger Hamburger Grilled Chicken Tossed Salad	<b>Friday</b> Cheeseburger Spicy Chicken Broccoli Carrot Sticks Tossed Salad
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\*Served with lettuce, tomato, pickles, onions and fruit

\*Fries will be shoestring, spicy, wedges or sweet potato fries Tossed Salad Offered on all lines

### Lunch Prices:

<b>Students/Lunch</b>	<b>No Cost</b>
<b>Employees</b>	<b>3.50</b>
<b>Visitors</b>	<b>3.75</b>

\*Menu is subject to change without notice due to price and availability of food.

*Common food allergen triggers including, but not limited to, dairy, nuts, soy and wheat may have come in contact with all foods during product manufacturing or serving.*

## Subs And Salads

<b>Monday</b> Turkey or Ham Wrap or Tuna or Pimento Cheese Sandwich or Chef Salad	<b>Tuesday</b> Turkey or Ham Sub or Tuna or Pimento Cheese Sandwich or Chef Salad	<b>Wednesday</b> Turkey or Ham Wrap or Tuna or Pimento Cheese Sandwich or Southwestern Chef Salad	<b>Thursday</b> Turkey or Ham Sub or Tuna or Pimento Cheese Sandwich or Chef Salad	<b>Friday</b> Turkey or Ham Wrap or Tuna or Pimento Cheese Sandwich or Chef Salad
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\*Subs and sandwiches are served with lettuce, tomato, pickles, onion

\*Vegetable sticks with dip, baked chips, tossed salad and fruit

## Pizza And Lil' More

<b>Monday</b> Pizza Sticks Corn Tossed Salad	<b>Tuesday</b> Taco Bar Tossed Salad Refried Beans	<b>Wednesday</b> Pizza Green Beans Tossed Salad	<b>Thursday</b> Spaghetti Bread Stick Tossed Salad	<b>Friday</b> Pizza Broccoli Tossed Salad
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\*Choice of vegetables and fruits

<u>Vegetables</u>	<u>Fruits</u>	<u>Milk</u>	<u>Juice</u>
Broccoli Carrot Cauliflower Celery Cucumber Green Beans Green Pepper	Lettuce Onion Potatoes Radish Refried Beans Tomato	Apple Banana Grapes Kiwi Orange Pears Pineapple Strawberries	Fat Free Flavored 1% White Skim White  100% Apple 100% Orange

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- (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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider

# Breakfast Menu

## Monday

Choose

Biscuit Sausage  
or  
Grab-n-Go  
Cereal

**Fruit served  
with all  
choices**

## Tuesday

Choose

Doughnut  
or  
Grab-n-Go  
Cereal

**Fruit served  
with all choices**

## Wednesday

Choose

Egg Cheese / Bun  
or  
Grab-n-Go  
Cereal

**Fruit served with  
all choices**

## Thursday

Choose

Chocolate or  
Blueberry Muf-  
fin  
or  
Grab-n-Go  
Cereal

**Fruit served  
with all  
choices**

## Friday

Choose

Canadian Bacon  
Cheese  
Biscuit  
or  
Grab-n-Go  
Cereal

**Fruit served  
with all choices**

Fat free flavored milk, skim white milk, 100% orange juice and apple juice served daily.

### Breakfast Prices:

Students:	NO COST
Employees	\$2.50
Visitors	\$2.75

# DEMS



# 2018-2019

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