



# Lunch Menu



# 2024

				1	Daily Vegetarian Options
				<b>Macaroni &amp; Cheese</b> 2oz(M/MA)Cheese, 6oz(GR)Pasta, 8oz(VEG)Green Beans, 4oz(FR)Apples, 8oz(Dairy) Milk	<b>Garden Salad</b> 8oz (VEG) Lettuce, 3oz(M/MA)Feta/Mozzarel la/Cheddar, 4oz (FR) Daily Fruit, 2oz (GR) Flatbread, 8oz (Dairy) Milk (Other NON Vegetarian option salads may include 3oz (M/MA)Grilled Chicken)
4	5	6	7	8	<b>Assorted Pizza</b> 2oz (M/MA)Cheese, 2 oz (VEG) Pizza Sauce, 2oz (GR) Flatbread, 6oz(VEG) Garden Salad, 4oz (FR) Pears, 8oz (Dairy) Milk (Other NON Vegetarian option Pizzas MAY include Pepperoni, Meat Lovers, Hamburg 2 oz (M/MA)}
<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz (M/MA) Chicken Patty, 2.5oz (GR) WG Roll, 8oz (VEG) Seasoned Wedge Fries, 4oz (FR)Pears, 8oz (Dairy) Milk	<b>Northeast Famous Bowl</b> 3oz(M/MA)Popcorn Chicken, 4oz(VEG)Mashed Potatoes, 4oz(VEG)Corn, 2oz(GR)Dinner Roll, 4oz(FR)Oranges, 8oz(Dairy)Milk	<b>Lazy Man Lasagna</b> 2oz(M/MA)Hamburg, 4oz(GR) Pasta, 4oz(VEG)Marinara Sauce, 4oz(VEG)Garden Salad & Parmesan Cheese, 4oz(FR)Peaches, 8oz(Dairy)Milk	<b>Chicken Fried Rice</b> 2oz(M/MA)Chicken, 4oz(GR) Rice, 8oz(VEG)Eggroll/Peas/Carrots, 4oz (FR)Apples, 8oz(Dairy)Milk	<b>Steak &amp; Cheese Sub</b> 3oz(M/MA) 2ozShaved Steak, 1oz Cheese, 2oz(GR)Sub Roll, 8oz (VEG)6ozPotato Puffs, 2ozGrilled Peppers & Onions, 4oz(FR)Mixed Fruit, 8oz(Dairy) Milk	<b>Sunbutter and Jelly Sandwich</b> 2oz (M/MA) Sunbutter, 4oz (FR) Daily Fruit, 2oz (GR) Pullman Bread, 8oz (Dairy) Milk <b>Hummus &amp; Pita Chips</b> 2oz (M/MA)Cheese, 4 oz (Veg) Hummus & Baby Carrots, 4oz (FR) Daily Fruit, 2oz (GR) Pita Chips, 8oz (Dairy) Milk <b>Cheeseburger on a Bun (Line#3)</b> 4oz (M/MA) Burger/Cheese, 2oz (GR) Rolls, 8oz (VEG)Daily Veg, 4oz (FR) Mixed Fruit, 8oz (Dairy) Milk
11	12	13	14	15	<b>Crunchy or Soft Tacos (Line #3)</b> 2oz(M/MA)Seasoned Beef, 1oz(M/MA)Cheese, 4oz(Veg) (2oz)Shredded Lettuce, (2oz)Tomatoes, 4oz(GR)Hard/Sof t Shells, 4oz (VEG)Salsa <b>Sandwiches Made to Order (Line #4)</b> 2oz (M/MA)Turkey/Ham/Bologna/Sal ami 1oz Cheese, 4oz (FR) Daily Fruit, 2oz (GR) Pullman Bread, 8oz (Dairy) Milk <b>*NEW MENU ITEM*</b>
<b>NO SCHOOL</b> 	<b>Chicken Alfredo</b> 2oz(M/MA)Chicken, 4oz(GR) Pasta, 8oz(VEG) Broccoli, 4oz(FR) Oranges, 8oz(Dairy) Milk	<b>Pasta &amp; Chicken Parm</b> 2oz(M/MA)Chicken, 4oz(GR) Pasta, 4oz(VEG)Marinara Sauce, 4oz(VEG)Garden Salad, 4oz(FR)Peaches, 8oz(Dairy)Milk	<b>*Cilantro-Lime Rice Bowl*</b> 3oz (M/MA) Chicken, 4oz (GR) Rice, 8oz (VEG) Corn Salsa/Pico de Gallo, 4oz (FR) Pears, 8oz (Dairy) Milk	<b>Grilled Ham &amp; Cheese Sandwich w/ cup of Soup</b> 3oz(M/MA)Ham/Cheese, 2oz(GR)WGBread, 8oz(VEG)Bab y Carrots, 4oz(FR)Apples, 8oz(Dairy)Milk	
18	19	20	21	22	
<b>Beef Stir Fry</b> 2oz(M/MA) Beef, 4oz(GR)Rice, 8oz(VEG)Broccoli/Carrots, 4oz (FR)Apple Slices, 8oz (Dairy) Milk	<b>BBQ Pulled Pork Sandwich</b> 3oz (M/MA) Pork 2.5oz (GR) WG Roll, 8oz (VEG) Seasoned Wedge Fries, 4oz (FR)Oranges, 8oz (Dairy) Milk	<b>Spaghetti &amp; Meatballs</b> 2oz(M/MA)Meatballs, 4oz(GR) Pasta, 4oz(VEG)Marinara Sauce, 4oz(VEG)Caesar Salad, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk	<b>Beef Picadillo over Rice</b> 2oz(M/MA)Beef, 2oz(VEG)Tomatoes, 6oz(VEG)Garden Salad , 4oz(GR)WG Rice, 4oz(FR)Peaches, 8oz(Dairy)Milk	<b>Chicken Pot Pie over Mashed Potatoes</b> 3oz(M/MA)Chicken, 2.5oz(GR) Dinner Roll, 8oz(VEG)Mashed Potatoes, Peas/Carrots/GreenBe ans, 4oz(FR)Pears, 8oz(Dairy)Milk	
25	26	27	28	29	
<b>Beef &amp; Cheese Sub</b> 3oz(M/MA)2 ozHamburg, 1oz Cheese, 2oz(GR)Sub Roll, 8oz (VEG)Potato Puffs, 4oz(FR) Pears, 8oz(Dairy)Milk	<b>Northeast Famous Bowl</b> 3oz(M/MA)Popcorn Chicken, 4oz(VEG)Mashed Potatoes, 4oz(VEG)Corn, 2oz(GR)Dinner Roll, 4oz(FR)Oranges, 8oz(Dairy)Milk	<b>Macaroni &amp; Cheese</b> 2oz(M/MA)Cheese, 6oz(GR)Pasta, 8oz(VEG)Green Beans, 4oz(FR)Apples, 8oz(Dairy) Milk	<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz (M/MA) Chicken Patty, 2.5oz (GR) WG Roll, 8oz (VEG) Seasoned Wedge Fries, 4oz (FR)Peaches, 8oz (Dairy) Milk	<b>NO SCHOOL</b> 	

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## Breakfast Menu

**Cafeteria Signature Flavor or Strawberry-Banana or Pineapple-Mango**  
4oz Fruit, 4 oz Protein, 2oz Grain, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**Assorted Cereals**  
2oz (GR) Cereal, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**Ham/Sausage Egg & Cheese Sandwich**  
2 oz (GR) Bagel, 1.5 oz (M/MA) Ham/Sausage, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**Blueberry/ Chocolate Chip Muffin**  
2 oz (GR) Muffin, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**Pancakes**  
2 oz (GR) Pancakes, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**Cinnamon Roll**  
2 oz (GR) Cinn. Roll, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**French Toast**  
2 oz (GR) French Toast Sticks, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

**Yogurt with Granola**  
2.75 oz (GR) Yogurt/Granola, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

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Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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