



We appreciate your understanding if our menu changes due to significant availability issues in the nationwide supply chain changes. Free & Reduced meal applications are available all year at www.payschoolscentral.com. Approved applications may receive additional benefits.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>31 Bulldog Bowl 50 (Popcorn Chicken, Mashed Potatoes, Gravy & Corn) Sweet Roll 31 Diced Pears 16 Milk Or Stuffed Crust Cheese Pizza 36</p> | <p>1 French Toast 45 Egg & Cheese Omelet 1 Or Breakfast Pizza 44 Potato Bites 19 Fresh Carrots 12 100% Juice Milk</p> | <p>2 Spicy Chicken Tenders 17 Or Stuffed Crust Pepp. Pizza 36 Green Beans 4 Fresh Veggies Chocolate Chip Cookies 25 Flavored Applesauce Cup 17 Milk</p> | <p>3 Meatball Sub 39 Mozz Cheese 1 Or Ham & Cheese Hot Pocket 31 Baked Beans 33 Fresh Carrots 12 Fresh Apple 18 Milk</p> | <p>4 Macaroni & Cheese 27 Or Breaded Chicken Patty Sandwich 40 Steamed Broccoli 9 Fresh Carrots 12 Soft Pretzel Twist 30 Strawberry Cup 22 Milk</p> |
| <p>7 Nachos W/Meat & Cheese 51 Or Or Fiestada Pizza 43 Refried Beans 31 Fresh Carrots 12 Cinnamon Pears 16 Milk</p> | <p>8 Rotini Pasta W/Meat Sauce 24 Or Grilled Cheese Sandwich 31 Salad 2 W/Ranch Dip 2 Fresh Veggies Garlic Breadstick 24 Applesauce 22 Milk</p> | <p>9 Jalapeno & Cheddar Sausage on a Bun 32 Or Cheeseburger Sandwich 26 Baked Beans 33 Fresh Veggies 100% Juice Milk</p> | <p>10 Sweet & Sour Chicken 31 Over Cilantro Rice 41 Steamed Broccoli 6 Fresh Veggie Sweet Roll 31 Pineapple 20 & Milk Or Breaded Chicken Patty Sandwich 40</p> | <p>11 Mozzarella Cheese Sticks 33 Or Pepperoni Calzone 32 Marinara Sauce 6 Green Beans 4 Apple Slices 7 Milk</p> |
| <p>14 Salisbury Steak 3 Or Grilled Cheese Sandwich 31 Mashed Potatoes 21 & Gravy 3 Fresh Carrots 12 Warm Biscuit 24 W/Jelly 6 Diced Peaches 17 Milk</p> | <p>15 French Toast Sticks 57 Sausage Links 0 Or Breakfast Pizza 44 Potato Bites 19 Fresh Carrots 12 Blueberries W/Topping 12 Milk</p> | <p>16 Chicken Tenders 18 Or Stuffed Crust Pepp. Pizza 36 Broccoli & Cheese 7 Fresh Veggies Chocolate Chip Muffin 28 Applesauce 22 Milk</p> | <p>17 Fiesta Bowl 87/83 (Taco Meat, Chicken, Cilantro Rice, Queso Sauce, Corn, & Black Beans) Nacho Chips 18 100% Juice Milk</p> | <p>18 Stuffed Crust Cheese Pizza 36 Or Spicy Chicken Sandwich 40 Green Beans 4 Fresh Veggie Frozen Slushie Cup 22 Milk</p> |
| <p>21 Chicken Drumstick 6 Or Stuffed Crust Pepp. Pizza 36 Mashed Potatoes 21 Gravy 3 Fresh Broccoli 5 Sweet Roll 31 Diced Pears 16 Milk</p> | <p>22 Cheeseburger Sandwich 26 Spicy Chicken Sandwich 40 Seasoned Fries 20 Grape Tomatoes 3 Applesauce 22 Milk</p> | <p>23 No School</p> |  | <p>25 No School</p> |
| <p>28 Bulldog Bowl 50 (Popcorn Chicken, Mashed Potatoes, Gravy & Corn) Sweet Roll 31 Applesauce 22 Milk Or Stuffed Crust Cheese Pizza 36</p> | <p>29 French Toast Sticks 57 Egg & Cheese Omelet 1 Or Breakfast Pizza 44 Potato Bites 19 Fresh Carrots 12 Strawberry Cup 22 Milk</p> | <p>30 Spicy Chicken Tenders 17 Or Stuffed Crust Pepp. Pizza 36 Green Beans 4 Fresh Veggies Chocolate Chip Cookies 25 Diced Pears 16 Milk</p> | <p>1</p> | <p>2</p> |

The USDA No Charge Meal Waiver has expired. Please note that unless you have submitted a new 2022-2023 Free & Reduced Meal Application & been notified of approval, your student will be charged for their meal.

Lunch Cost:
Paid \$2.70 Reduced \$0.40
Free to those who qualify
Breakfast:
Paid \$1.00 Reduced & Free to those who qualify—
No Charge

Charge policy: After 3 lunch charges, students will be offered a cheese sandwich, fruit, veggie, & milk until charges are paid.

Fresh Salad Offered Daily: 26 carbs Diced Turkey, lettuce, & croutons (4 pkts). Students may also choose 1 vegetable offered, fruit & milk.

Carb counts: White milk 13 / Chocolate milk 19 / Strawberry milk 19 BBQ sauce 5 / Ketchup 2 / Mayo 2 / Syrup 30 / Veggie Dip 2 / Sour Cream 1 / S&S Sauce 11 / Taco Sauce 1 / French Dressing 12 / Italian Dressing 4 / Ranch Dressing 8 Banana 27 / Oranges 21 / Whole apple 19 / Grapes 18 / Apple & Orange Juice 14 / Grape Juice 19