### New This School Year
**Offer v. Serve**
(Student get to choose 3-5 components!!)

#### The 5 Meal Components for School Lunch

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat or Meat Alternate</td>
<td>Grain</td>
<td>Fruit</td>
<td>Vegetable</td>
<td>Milk</td>
</tr>
</tbody>
</table>

You choose at least 3 including
- ¼ cup of fruit or vegetable
- at least two other full components

For best nutrition, choose all 5!

### 2023 Menu

#### August

**MONDAY**
- **Breakfast**
  - Benefit Bar or Cereal w/String Cheese**
  - Mixed Fruit Cup
  - 100% Orange Juice
  - 1% White or Nonfat Chocolate Milk
- **Lunch**
  - Chicken Tenders w/BBQ sauce & Roll**
  - Broccoli
  - Mixed Fruit Cup
  - 1% White or Nonfat Chocolate Milk

**Offer v. Serve**
(Student get to choose 3-5 components!!)

#### 2023-24 School Year Meal Prices:
- **Breakfast**
  - Student: Free / Adult: $3.25
  - Milk Without Meal: $0.50
- **Lunch**
  - Student: Free / Adult: $4.71

**TUESDAY**
- **Breakfast**
  - Mini Breakfast Bites OR Cereal w/String Cheese...
  - Mixed Fruit Cup
  - 100% Orange Juice
  - 1% White or Nonfat Chocolate Milk
- **Lunch**
  - Corn Dog**
  - Carrots
  - Fresh Fruit
  - 1% White or Nonfat Chocolate Milk

**Offer v. Serve**
(Student get to choose 3-5 components!!)

#### 2023-24 School Year Meal Prices:
- **Breakfast**
  - Student: Free / Adult: $3.25
  - Milk Without Meal: $0.50
- **Lunch**
  - Student: Free / Adult: $4.71

**WEDNESDAY**
- **Breakfast**
  - Mini Confetti Pancakes or Cereal w/String Cheese...
  - Mixed Fruit Cup
  - 100% Apple Juice
  - 1% White or Nonfat Chocolate Milk
- **Lunch**
  - Cheese Breadsticks w/Marinara**
  - Carrots
  - Apple
  - 1% White or Nonfat Chocolate Milk

**Offer v. Serve**
(Student get to choose 3-5 components!!)

#### 2023-24 School Year Meal Prices:
- **Breakfast**
  - Student: Free / Adult: $3.25
  - Milk Without Meal: $0.50
- **Lunch**
  - Student: Free / Adult: $4.71

**THURSDAY**
- **Breakfast**
  - Mini Confetti Pancakes or Cereal w/String Cheese...
  - Mixed Fruit Cup
  - 100% Orange Juice
  - 1% White or Nonfat Chocolate Milk
- **Lunch**
  - Corn Dog**
  - Carrots
  - Frozen Fruit Cup
  - 1% White or Nonfat Chocolate Milk

**Offer v. Serve**
(Student get to choose 3-5 components!!)

#### 2023-24 School Year Meal Prices:
- **Breakfast**
  - Student: Free / Adult: $3.25
  - Milk Without Meal: $0.50
- **Lunch**
  - Student: Free / Adult: $4.71

**FRIDAY**
- **Breakfast**
  - Sausage Waffle Sandwich** or Cereal w/String Cheese
  - Mixed Fruit Cup
  - 100% Apple Juice
  - 1% White or Nonfat Chocolate Milk
- **Lunch**
  - Grilled Cheese Sandwich***
  - Black Beans
  - Frozen Fruit Cup
  - 1% White or Nonfat Chocolate Milk

**Offer v. Serve**
(Student get to choose 3-5 components!!)

#### 2023-24 School Year Meal Prices:
- **Breakfast**
  - Student: Free / Adult: $3.25
  - Milk Without Meal: $0.50
- **Lunch**
  - Student: Free / Adult: $4.71

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*Beef Entree
**Chicken/Turkey Entree
***Meatless Entree
****May Contain Pork

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This institution is an equal opportunity provider.