



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL LABOR DAY	2 Cheese Steak Sandwich Or Cheeseburger FEATURED VEGGIES Tator Tots Fresh Pepper Strips	3 Pizza Or Cheeseburger FEATURED VEGGIES Chips Fresh Veggies	4 Chicken Patty on a Roll Or Turkey Hoagie FEATURED VEGGIES Parsley Potatoes Steamed Green Beans	5 Chili with Cheese, Chips Or Turkey Hoagie FEATURED VEGGIES Fresh Salad Steamed Corn
8 Hamburger Or Turkey Hoagie FEATURED VEGGIES Hash Brown Fresh Celery Sticks	9 Breakfast Sandwich Or Turkey Hoagie FEATURED VEGGIES Tator Tots Fresh Pepper Strips	10 Pizza Or Turkey Hoagie FEATURED VEGGIES Chips Fresh Veggies	11 Popcorn Chicken Or Chef Salad FEATURED VEGGIES Mashed Potatoes Steamed Corn	12 Chicken Tenders Or Chef Salad FEATURED VEGGIES Au Gratin Potato Fresh Cucumber Slices
15 Meatball Sub Or Chef Salad FEATURED VEGGIES Hash Brown Fresh Carrot Sticks	16 Hot Turkey Sandwich Or Chef Salad FEATURED VEGGIES Mashed Potatoes Steamed Corn	17 Pizza Or Chef Salad FEATURED VEGGIES Fresh Salad Fresh Veggies	18 Fish Sticks Or Meat Sandwich FEATURED VEGGIES Steamed Rice Fresh Broccoli	19 Soft Shell Tacos Or Meat Sandwich FEATURED VEGGIES Ranch Refried Beans Fresh Carrot Sticks
22 Chicken Parmesan Or Meat Sandwich FEATURED VEGGIES Spaghetti Steamed Peas	23 Hot Dog on a Roll Or Meat Sandwich FEATURED VEGGIES Tator Tots Fresh Celery Sticks	24 Pizza Or Meat Sandwich FEATURED VEGGIES Chips Fresh Veggies	25 Chicken Patty on a Roll or Meat Sandwich FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw	26 Cheesy Pizza (V) or Meat Sandwich FEATURED VEGGIES Steamed Green Beans Baby Carrots
29 Chicken & Mashed Potato Bowl with Roll or Meat Sandwich FEATURED VEGGIES Mashed Potatoes Baby Carrots	30 Soft Tacos Or Meat Sandwich FEATURED VEGGIES Latin-Inspired Beans Tomato Salad	1 Macaroni and Cheese Or Meat Sandwich FEATURED VEGGIES Stewed Tomatoes Fresh Cucumber Slices	2 Hot Dog on a Roll Or Meat Sandwich FEATURED VEGGIES Steamed Corn Romaine Salad	3 Pizza or Meat Sandwich FEATURED VEGGIES Diced Tomatoes Roasted Zucchini

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Bernie Kelly, General Manager
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Meal Prices

Student Lunch \$2.55
Reduced Lunch \$0.00
Faculty Lunch \$4.00



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