

Meridian Elementary and Jr High

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MEAL PRICING:

Lunch Full Price \$2.35 Elementary & \$2.70 Jr High
Reduced Lunch Price \$.40
Milk Only \$.50

LUNCH Menu January-July 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Hamburger Spinach salad Carrots Sticks Peaches Milk	Chili Cheese Frito Pie Corn Carrots Sticks Fruit Milk	Chicken Nuggets Dinner roll Mashed Potatoes Green Beans Apple Milk	Taco Salad Pinto Beans Spinach Salad Pineapple Milk	Pizza Corn Celery Sticks Fruit Milk
2	Chicken Sandwich Spinach salad Carrots Sticks Peaches Milk	Spaghetti Dinner Roll Vegetables Carrot sticks Fruit Milk	Chicken Nuggets Dinner roll Mashed Potatoes Green Beans Apple Milk	Quesadilla Pinto Beans Broccoli Pineapple Milk	Pizza Corn Celery Sticks Fruit Milk
3	Fish Sandwich Spinach salad Carrots Sticks Peaches Milk	Nacho Pinto Beans Spinach Salad Fruit Milk	Salisbury Steak Dinner roll Mashed Potatoes Green Beans Apple Milk	Grilled Cheese Soup Carrot Peas Pineapple Milk	Pizza Corn Celery Sticks Fruit Milk
4	Sloppy Joe Spinach salad Carrots Sticks Peaches Milk	Chicken Waffle Vegetables Fruit Milk	Chicken Fried Steak Dinner roll Mashed Potatoes Green Beans Apple Milk	Pancakes Sausage Carrots Vegetables Pineapple Milk	Pizza Corn Celery Sticks Fruit Milk

**Breakfast:
\$1.25**

**Monday:
Oatmeal**

**Tuesday:
Waffles**

**Wednesday:
Biscuit/Gravy**

**Thursday:
Cinnamon Roll**

**Friday:
Breakfast stick**

**Cereal / Toast
Milk / juice / Fruit
everyday**

**Milk .50 cents
Juice .50 cents
Water Bottle 8oz
.25 cents**

**Menu subject to
change**

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²