



Elementary Lunch \$1.85  
High School Lunch \$1.95  
Reduced Lunch 40¢  
Adult Lunch \$3.00

Dietary Information available:  
[www.patrick.k12.va.us](http://www.patrick.k12.va.us)  
Division Information  
Departments  
Food Services



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

"USDA is an equal opportunity provider and employer."



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Hotdog/Chili ④ ⑥  
Fish Sandwich  
Coleslaw  
Baked Beans  
Fruit Cup/Fresh Fruit  
**High School: Green Peas**

Vegetable Jalapeno Wrap ⑦  
Chicken Nachos  
Tostitos Salsa  
Potato Cubes  
Fruit Cup/Fresh Fruit  
Banana Bread  
**High School: Creamed Spinach**

Hamburger/ Lettuce/Tomato ①  
Pasta Primavera/Roll ③  
Turnip Greens  
Pintos  
Fruit Cup/Fresh Fruit  
Cookie  
**High School: Confetti Corn Salad**

Roasted Turkey/Gravy/Roll ②  
Ham/Roll  
Stuffing  
Mashed Potatoes  
Green Beans  
Fruit Cup/Fresh Fruit  
**High School: Yellow Squash/Onions**

Chicken Fillet on Bun ③  
Pork BBQ on Bun  
Vegetable Chili/Crackers  
Lettuce/Tomato/Coleslaw  
French Fries  
Fruit Cup/Fresh Fruit  
**High School: Vegetable Medley**

Popcorn Chicken/Roll ⑤ ⑬  
Deviled Eggs/Roll  
Green Beans  
Mashed Potatoes  
Fruit Cup/Fresh Fruit  
**High School: Coleslaw**

Ham or Meatloaf ⑭  
Cornbread  
Macaroni & Cheese  
Green Peas  
Honey Roasted Sweet Potatoes  
Fruit Cup/Fresh Fruit  
**High School: Corn/Green Bean Casserole**

Spaghetti/Roll ⑧  
Cheesesticks/Pizza Sauce  
Tossed Salad  
Corn  
Fruit Cup/Fresh Fruit  
**High School: Steamed Broccoli  
Royal Brownie**

Hamburger ⑨  
Honey BBQ Pork Rib  
Lettuce/Tomato  
Coleslaw/Pickles/Onions  
Green Beans  
Fruit Cup/Fresh Fruit  
**High School: Cheesy Potatoes**

Arroz con Pollo/Roll ⑩  
Cheese Enchilada  
Salsa  
Steamed Broccoli  
Glazed Carrots/Shrimp Sauce  
Fruit Cup/Fresh Fruit  
**High School: Black Bean Corn Salad**

BBQ/Bun ① ⑳  
White Chicken Chili  
Tostitos Chicken Flavored Rice  
Green Beans Coleslaw  
Tomato/Cucumber Salad  
Fruit Cup/ Fresh Fruit  
**High School: Cowboy Caviar**

Ham or Meatloaf ⑭  
Cornbread  
Macaroni & Cheese  
Green Peas  
Honey Roasted Sweet Potatoes  
Fruit Cup/Fresh Fruit  
**High School: Corn/Green Bean Casserole**

Pizza or Chicken Fajita ⑮  
Chicken Flavored Rice  
Sautéed Pepper/Onions  
Lettuce/Tomato/Salsa  
Corn Salad  
Fruit Cup/Fresh Fruit  
**High School: Stir Fry Vegetables**

Roasted Turkey/Gravy/Roll ⑯  
Pork Patty/Gravy/Roll  
Stuffing  
Great Northern Beans  
Coleslaw  
Fruit Cup/Fresh Fruit  
**High School: Potato Cubes**

Toasted Cheese Sandwich ⑰  
Ham Jalapeno Wrap  
Cougar Soup/Crackers  
Vegetables with Ranch Dip  
Fruit Cup/Fresh Fruit  
Cookie  
**High School: Broccoli Salad**

Lunch:  
Must offer food items containing five components (fruit, vegetables, grains, meat, milk). The student must select three food components, including at least ½ cup fruit or vegetable, to have a reimbursable meal

Manager's Choice

Manager's Choice

Manager's Choice

Manager's Choice

D WOW Butter Sandwich  
A with or without Jelly  
I Toasted Cheese Sandwich  
L Chef Salad  
Y Tossed Salad  
Milk - Flavored or Plain