


2021 / 2022		Princeton High School Lunch Cycle Menu			
* Note Substitutions are happening daily due to availability of menu items.					
October 11-14 National School Lunch week		Menus are subject to change daily.			
October 14 Late Start	Payschools - Prepay online				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2021 / 2022 All Meals Free	Calories	Sodium mg	Offer vs Serve	Weight & Carb Counts	
Ala Carte Items Available for Additional Cost Extra Entree \$2.45	K-5 550-650 Day 6-8 600-700 Day	K-5 ≤ 1230 6-8 ≤ 1360	5 Components offered at lunch Students must take 3 of the 5	12 FF Ranch 2 12 g French 4 12 g BBQ Sauce 5	
Snacks \$.50 - 1:00	9-12 750-850 Day	9-12 ≤ 1420	components.	12 g Italian 2 7 g Hot Sauce 0	
Cycle 1 October 4-8 October 25 - 29			Students must take a fruit or vegetable	5.5 g Mustard 0 7 g Sriracha Sauce 1	
Cycle 2 October 11-14 Oct 15 - 19 no students			Students may take both veg choices.	9 g Ketchup 2 9 g Taco Sauce 1	
Cycle 3 October 20-21				12 g Lite Mayo 2 12 g Tartar Sauce 3	
2 GR 2 M/MA Cycle 1	2 GR 2 M/MA Pasta Bar	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA	
3.63 oz Sloppy Joe 10	7.44 oz WG Pasta and Meatsauce 24	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	5 pcs WG Chicken Nuggets	
4" WG Hamburger Bun 25	1 oz WG Garlic Breadstick w/ Marg 14	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	1 oz WG Dinner Roll	
1/2 c Green Beans 4 (other)	1/2 c Broccoli 2 (green)	1/2 c Sweet Potatoes 34 (red/orange)	1/2 c WG Mex. Rice 21 1/2 c Refried Beans 16 (bean)	1/2 c Choice Vegetables	
1/2 c Corn (starch)	1/2 c Mixed Vegetables 8	1/2 c Mixed Greens 3 (green)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream 3	1/2 c Choice Vegetable	
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22	
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	
2 GR 2 M/MA Cycle 2	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA	
4 oz RS BBQ Pulled Pork 16	7.44 oz WG Pasta and Meatsauce 24	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	8 pcs WG Chicken Sticks	
4" WG Bun 26	1 oz WG Garlic Breadstick w/ Marg 14	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	1 oz WG Dinner Roll	
1/2 c Baked Beans (bean)	1/2 c Broccoli 2 (green)	1/2 c California Blend 5	1/2 c WG Mex. Rice 21 1/2 c Refried Beans 16 (bean)	12 c Choice of Vegetables	
1/2 c Corn (starch)	1/2 c Mixed Vegetables 8	1/2 c Carrots 7 (red/orange)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream 3	1/2 c Choice of Vegetable	
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22	
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	
2 GR 2 M/MA Cycle 3	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA	
3.24 oz Honey Beef BBQ	6 oz WG Macaroni & Cheese	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	10 Pieces Popcorn Chicken	
5 " WG Hoagie Bun	1 oz WG Dinner Roll	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	1 oz WG Dinner Roll	
1/2 c Baked Beans	1/2 c Green Beans 4	1/2 c Sweet Potatoes 34 (red/orange)	1/2 c WG Mex. Rice 21 1/2 c Refried Beans 16 (bean)	12 c Choice of Vegetables	
1/2 c Mixed Vegetables	1/2c Carrots 7 (red/orange)	1/2 c Mixed Greens 3 (green)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream 3	1/2 c Choice of Vegetable	
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22	
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	
2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	
WG Taco Stick	WG Mini Corndogs				
WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	
Feature Entrée Salad Meal	WG PBJ	WG PBJ	WG PBJ	WG PBJ	
WG Nachoes, Cheese & Salsa	WG Nachos, Cheese & Salsa	WG Nachos, Cheese & Salsa	WG Deli Sandwich	WG Nachos, Cheese & Salsa	
WG Grilled Cheese	WG Spicy Chicken	WG Cheeseburger Sliders	WG Breaded Chicken	WG Spicy Chicken	
Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	Deli Meal / Vegetarian Options	
Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	
Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	
Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	

This institution is an equal opportunity provider.

Substitutions may be made depending on availability

Dairy	Fruit	Vegetables	Grains	Protein
1 cup milk offered daily	at least 1/2 c serving	at least 1/2 c serving	*entrees can contain both grains and proteins	*entree can contain both grains and proteins
1% unflavored	no more than 1/2 c fruit component	may take 2 servings daily	K-5 9 servings	K-5 9 servings
fat free unflavored	*may be in the form of juice	*1 c tossed salad=1/2 c vegetable serving	6th-8th 9-10 servings per week	6th-8th 9-10 servings per week
1% flavored	1/4 c dried fruit+1/2 c fruit	assorted vegetable daily	9th-12th 10-12 ounces per week	9th-12th 10-12 servings per week
	assorted fruits daily	fresh veggie bowls, hot vegetables		
	fresh, canned, dried	small salads		