



**Meet Your Nutritious Friend:**  
**Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Pizza Dippers w/ Dipping Cup</p> <p>Sloppy Joe on a Bun</p> <p>Grilled Chicken Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Chickpea Salad</p> <p>Strawberries</p>	<p><b>3</b></p> <p>Walking Taco</p> <p>Chicken and Cheese Quesadilla</p> <p><b>FEATURED VEGGIES</b></p> <p>Sweet Corn</p> <p>100% Apple Juice</p>	<p><b>4</b></p> <p>Mini Pancakes w/ Sausage</p> <p>Hot Dog on a Bun</p> <p>Taco Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Waffle Fries</p> <p>Mixed Berry Cup</p>	<p><b>5</b></p> <p>Chicken Tenders w/ Buttered Noodles</p> <p>Chicken Patty on a Bun</p> <p><b>FEATURED VEGGIES</b></p> <p>Sweet Peas</p> <p>100% Apple Juice</p>	<p><b>6</b></p> <p>12:15 EARLY DISMISSAL</p> <p>Pizza Crunchers</p> <p><b>FEATURED VEGGIES</b></p> <p>Baby Carrots</p> <p>100% Apple Juice</p>
<p><b>9</b></p> <p>General Tso Chicken over Rice</p> <p>Mozzarella Sticks w/ Dipping Cup</p> <p>Crispy Chicken Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Steamed Broccoli</p> <p>Applesauce Cup</p>	<p><b>10</b></p> <p>Chicken Fajita</p> <p>Beef Tacos</p> <p><b>FEATURED VEGGIES</b></p> <p>Buttered Carrots</p> <p>100% Apple Juice</p>	<p><b>11</b></p> <p>French Toast Sticks with Bacon</p> <p>Hot Dog on a Bun</p> <p>Taco Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Hash Brown</p> <p>Pear Cup</p>	<p><b>12</b></p> <p>Pasta with Marinara Sauce</p> <p>Cheesesteak</p> <p><b>FEATURED VEGGIES</b></p> <p>Mixed Veggies</p> <p>100% Apple Juice</p>	<p><b>13</b></p> <p>Pizzeria Pizza</p> <p>Bagel, Yogurt, and Cheese Stick</p> <p>Garden Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Side Salad</p> <p>Fruit Cup</p>
<p><b>16</b></p> <p>NO SCHOOL</p> <p>TEACHERS IN SERVICE</p>	<p><b>17</b></p> <p>Nacho Grande w/ Salsa and Sour Cream</p> <p>Chicken and Cheese Quesadilla</p> <p><b>FEATURED VEGGIES</b></p> <p>Sweet Corn</p> <p>100% Apple Juice</p>	<p><b>18</b></p> <p>Chicken and Waffles w/ Syrup</p> <p>Hot Dog on a Bun</p> <p>Taco Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Potato Wedges</p> <p>Mixed Fruit</p>	<p><b>19</b></p> <p>Popcorn Chicken w/ Garlic Bread</p> <p>Chicken Cheesesteak</p> <p><b>FEATURED VEGGIES</b></p> <p>Green Beans</p> <p>100% Apple Juice</p>	<p><b>20</b></p> <p>Pizzeria Pizza</p> <p>Bagel, Yogurt, and Cheese Stick</p> <p>Garden Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Side Salad</p> <p>Fruit Cup</p>
<p><b>23</b></p> <p>Big Daddy's Pizza</p> <p>Double Cheeseburger</p> <p>Chicken Caesar Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Oven Fries</p> <p>Blueberries</p>	<p><b>24</b></p> <p>Beef Tacos</p> <p>Macaroni and Cheese</p> <p><b>FEATURED VEGGIES</b></p> <p>Sweet Peas</p> <p>100% Apple Juice</p>	<p><b>25</b></p> <p>Bacon, Egg, and Cheese on an English Muffin</p> <p>Hot Dog</p> <p>Taco Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Mashed Potatoes</p> <p>Green Pepper Strips</p>	<p><b>26</b></p> <p>Chicken and Mashed Potato Bowl</p> <p>Buffalo Chicken Wrap</p> <p><b>FEATURED VEGGIES</b></p> <p>Mashed Potatoes</p> <p>100% Apple Juice</p>	<p><b>27</b></p> <p>Pizzeria Pizza</p> <p>Bagel, Yogurt, and Cheese Stick</p> <p>Garden Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Side Salad</p> <p>Fruit Cup</p>
<p><b>30</b></p> <p>French Bread Pizza</p> <p>Bacon Cheeseburger</p> <p>Crispy Chicken Salad</p> <p><b>FEATURED VEGGIES</b></p> <p>Mashed Potatoes</p> <p>Strawberries</p>	<p><b>31</b></p> <p>Chicken Fajita over Rice</p> <p>Walking Taco w/ Fixings</p> <p><b>FEATURED VEGGIES</b></p> <p>Buttered Corn</p> <p>100% Apple Juice</p>			

**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 1/2 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, chocolate, and strawberry

**Daily Alternates**

- Pizza Crunchers
- Chicken Nuggets w/ Goldfish
- Bagel w/ Yogurt and Cheese Stick
- Cereal w/ Yogurt and Cheese Stick

**(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**

**Donna Daly, Food Service Manager**  
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**Meal Prices**

Student Lunch \$3.40  
Faculty Lunch \$4.10

