



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Side Salad Fruit Cup</p>
<p>4</p> <p>Cheese Pizza Bacon Cheeseburger Crispy Chicken Salad</p> <p>FEATURED VEGGIES Oven Fries Peach Cup</p>	<p>5</p> <p>Nacho Grande w/ Salsa and Sour Cream Chicken Fajita over Rice</p> <p>FEATURED VEGGIES Sweet Corn 100% Apple Juice</p>	<p>6</p> <p>Mini Pancakes w/ Sausage Hot Dog Taco Salad</p> <p>FEATURED VEGGIES Tater Tots Mixed Fruit Cup</p>	<p>7</p> <p>Mozzarella Sticks w/ Marinara Cup Buffalo Chicken Cheesesteak</p> <p>FEATURED VEGGIES Green Beans 100% Apple Juice</p>	<p>8</p> <p>12:15 EARLY DISMISSAL Cheeseburger on a Bun</p> <p>FEATURED VEGGIES Baby Carrots 100% Apple Juice</p>
<p>11</p> <p>Pizza Dippers Chicken Patty on a Bun Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Waffle Fries Steamed Broccoli</p>	<p>12</p> <p>Walking Taco Chicken and Cheese Quesadilla</p> <p>FEATURED VEGGIES Buttered Corn 100% Apple Juice</p>	<p>13</p> <p>French Toast Sticks w/ Bacon Hot Dog on a Bun Taco Salad</p> <p>FEATURED VEGGIES Potato Smiles Mixed Berry Cup</p>	<p>14</p> <p>Chicken Tenders w/ Dinner Roll Buffalo Chicken Dip over Tortilla Chips</p> <p>FEATURED VEGGIES Sweet Peas 100% Apple Juice</p>	<p>15</p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Sticks Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Side Salad Fruit Cup</p>
<p>18</p> <p>French Bread Pizza Big Mac Cheeseburger Chicken Caesar Salad</p> <p>FEATURED VEGGIES French Fries Pear Cup</p>	<p>19</p> <p>Nacho Grande w/ Salsa and Sour Cream Beef Tacos</p> <p>FEATURED VEGGIES Sweet Corn 100% Apple Juice</p>	<p>20</p> <p>Sausage, Egg, and Cheese on Bagel Hot Dog on a Bun Taco Salad</p> <p>FEATURED VEGGIES Hash Browns Peach Cup</p>	<p>21</p> <p>Chicken Patty on a Bun Buffalo Chicken Wrap</p> <p>FEATURED VEGGIES Green Beans 100% Apple Juice</p>	<p>22</p> <p>12:15 EARLY DISMISSAL Pizza Crunchers</p> <p>FEATURED VEGGIES Baby Carrots 100% Apple Juice</p>
<p>25</p> <p>NO SCHOOL MEMORIAL DAY</p>	<p>26</p> <p>Chicken Fajita over Rice Chicken Bacon, Ranch Sandwich</p> <p>FEATURED VEGGIE Sweet Peas 100% Apple Juice</p>	<p>27</p> <p>Chicken and Waffles w/ Syrup Hot Dog on a Bun Grilled Chicken Salad</p> <p>FEATURED VEGGIES Tater Tots Mixed Fruit Cup</p>	<p>28</p> <p>Cheesesteak Crispy Chicken Wrap</p> <p>FEATURED VEGGIES Steamed Broccoli 100% Apple Juice</p>	<p>29</p> <p>Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Side Salad Fruit Cup</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 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 and chocolate

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

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Meal Prices

Student Lunch \$3.40
Faculty Lunch \$4.10

