



Meet Your Nutritious Friend:
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Pizza General Tso Chicken over Rice Chicken Caesar Salad FEATURED VEGGIES Seasoned Rice Baby Carrots	2 Chicken Nacho Grande w/ Sour Cream and Salsa Chicken Fajita FEATURED VEGGIES Sweet Corn 100% Apple Juice	3 Mini Pancakes w/ Sausage Hot Dog Taco Salad FEATURED VEGGIES Hash Brown Potato Fruit Cup	4 Grilled Cheese Penne Pasta w/ Marinara Sauce and Dinner Roll FEATURED VEGGIES Sweet Peas 100% Apple Juice	5 12:15 EARLY DISMISSAL Cheeseburger FEATURED VEGGIES Baby Carrots 100% Apple Juice
8 Cheese Pizza Chicken Patty Crispy Chicken Salad FEATURED VEGGIES Oven Fries Fruit Cup	9 Mac & Cheese Chicken Caesar Wrap FEATURED VEGGIES Green Beans 100% Apple Juice	10 FIELD DAY Hot Dog on a Roll FEATURED VEGGIES Lays Chips 100% Apple Juice	11 Double Cheeseburger on a Bun Chicken Cheesesteak FEATURED VEGGIES Carrots 100% Apple Juice	12 Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad FEATURED VEGGIES Side Salad 100% Apple Juice
15 LAST DAY OF LUNCH CHEF'S CHOICE FEATURED VEGGIES Veggie Fruit Cup	16	17	18	19
22				26
29				

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, chocolate, and strawberry

Daily Alternates

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



NUTRI-SERVE
 FOOD MANAGEMENT, INC. by Metz