



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Big Daddy Cheese Pizza (V) FEATURED VEGGIES Diced Tomatoes Roasted Zucchini
4 Chicken Nuggets with Roll FEATURED VEGGIES Mashed Potatoes Red Pepper Strips	5 Macaroni & Cheese (V) FEATURED VEGGIES Green Beans Caesar Salad	6 Hot Dog on a Roll FEATURED VEGGIES Oven Fries Green Pepper Strips	7 Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Corn Salad	8 Cheese(V) Or Pepperoni French Bread Pizza FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad
11 Chicken Sticks with Goldfish FEATURED VEGGIES Mashed Potatoes Steamed Corn	12 Beef & Cheese Nachos FEATURED VEGGIES Street Corn Salad Salsa	13 Chicken Tenders with Rice FEATURED VEGGIES Steamed Broccoli Carrot Sticks	14 Bacon Cheeseburger FEATURED VEGGIES Baked Beans Caesar Side Salad	15 Big Daddy Cheese Pizza (V) FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad
18 Chicken Nuggets with Roll FEATURED VEGGIES Tater Tots Side Salad	19 Beef Soft Tacos FEATURED VEGGIES Refried Beans Lettuce & Tomato	20 Cheeseburger on a Bun FEATURED VEGGIES Glazed Carrots Broccoli Salad	21 Cheese (V) or Pepperoni French Bread Pizza FEATURED VEGGIES Curly Fries Apple Cider Slaw	22 4 Hour Session Hot Dog on a Bun FEATURED VEGGIES Baby Carrots Celery Sticks
25 SCHOOL CLOSED MEMORIAL DAY	26 Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	27 Pizza Crunchers FEATURED VEGGIES Tater Tots Ranchero Carrots	28 Pasta with Meat sauce Garlic Breadstick FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	29 Big Daddy Cheese Pizza (V) FEATURED VEGGIES Cherry Tomatoes Cucumber Slices

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, fat-free white, fat-free chocolate, fat-free strawberry

Daily Alternates

PB&J Craveables (V) (Grape Uncrustable with a Mozzarella String Cheese, Goldfish and Apple Slices)

Yogurt Craveables (V) (Strawberry Banana Yogurt, Goldfish, Mozzarella String Cheese)

(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

Stacy Oates, Food Service Director
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Meal Prices

Student Lunch	\$3.50
Reduced Lunch	\$0.00
Faculty Lunch	\$3.85

