



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Popcorn Chicken with Roll FEATURED VEGGIES Mashed Potatoes	2 Beef Walking Taco FEATURED VEGGIES Tomato Salad	3 French Toast Sticks with Sausage FEATURED VEGGIES Tater Tots	4 Cheeseburger FEATURED VEGGIES Steamed Corn	5 Big Daddy Cheese Pizza (V) FEATURED VEGGIES Roasted Zucchini
8 Chicken Nuggets with Roll FEATURED VEGGIES Oven Fries	9 Macaroni & Cheese (V) FEATURED VEGGIES Green Beans	10 Hot Dog on a Roll FEATURED VEGGIES Green Pepper Strips	11 Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Salad	12 Cheese (V) or Pepperoni French Bread Pizza FEATURED VEGGIES Roasted Sweet Potatoes
15 4 Hour Session Chicken Patty Sandwich	16 4 Hour Session Mini Maple Pancakes Sausage	17 4 Hour Session Cheeseburger	18 4 Hour Session Hot Dog	19 4 Hour Session Manager's Special
22	23	24	25	26
29	30			

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, 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

