



**Meet Your Nutritious Friend:  
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Walking Taco Ham & Cheese Craveable <b>FEATURED VEGGIES</b> Corn Fresh Fruits & Veggies	2 <b>Field Day Cookout</b> <b>Hot Dog</b> <b>Cheeseburger</b> <b>Baked Chips</b>  <b>Apple Slices</b> <b>Bottled Water</b>	3 BBQ Rib Sandwich Ham & Cheese Craveable <b>FEATURED VEGGIES</b> Mashed Potatoes Fresh Fruits & Veggies	4 Popcorn Chicken Bites Ham & Cheese Craveable <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies	5 Cheese Pizza Ham & Cheese Craveable <b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits & Veggies
8 Chicken Nuggets <b>FEATURED VEGGIES</b> Baked Beans Fresh Fruits & Veggies	9 Hot Dog on a Bun <b>FEATURED VEGGIES</b> Hash Brown Potatoes Fresh Fruits & Veggies	10 Pizza Sticks <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies	11 Grab and Go Breakfast Items	12
15	16	17	18	19
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 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 vanilla, fat-free strawberry

**Daily Alternates**  
Fresh Entree Salad of the Week  
Craveables  
Weekly Cold Cut Sandwiches & Wraps

**Your Team**  
Marissa Janesko, General Manager  
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**Meal Prices**  
Student Lunch \$2.25  
Reduced Lunch \$0.00  
Faculty Lunch \$4.00

