

**Meet Your Nutritious Friend:**  
**Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets with Buttered Noodles  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies	3 Beef Soft Tacos  <b>FEATURED VEGGIES</b> Corn Fresh Fruits & Veggies	4 Asian Sesame Chicken with Brown Rice Turkey & Cheese Craveable  <b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits & Veggies	5 Hot Dog on a Bun Turkey & Cheese Craveable  <b>FEATURED VEGGIES</b> French Fries Fresh Fruits & Veggies	6 Bosco Sticks  <b>FEATURED VEGGIES</b> Green Beans Fresh Fruits & Veggies
9 Italian Meatball and Cheese Sub  <b>FEATURED VEGGIES</b> Steamed Peas Fresh Fruits & Veggies	10 Nachos Grande  <b>FEATURED VEGGIES</b> Corn Fresh Fruits & Veggies	11 Hot Turkey Stacker  <b>FEATURED VEGGIES</b> Mashed Potatoes Fresh Fruits & Veggies	12 Mini Pancakes Sausage Patty  <b>FEATURED VEGGIES</b> Hash Brown Potatoes Fresh Fruits & Veggies	13 Baked Penne Pasta  <b>FEATURED VEGGIES</b> Steamed Green Beans Fresh Fruits & Veggies
16 Cheeseburger on a Bun  <b>FEATURED VEGGIES</b> French Fries Fresh Fruits & Veggies	17 <b>LUCY TrAy DaY</b> Hot Ham & Cheese on a Pretzel Roll  <b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits & Veggies	18 Comet Bowl  <b>FEATURED VEGGIES</b> Mashed Potatoes Fresh Fruits & Veggies	19 Chicken Parm Sandwich  <b>FEATURED VEGGIES</b> Steamed Corn Fresh Fruits & Veggies	20 Macaroni & Cheese  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies
23 Ham & Cheese Sub  <b>FEATURED VEGGIES</b> Steamed Peas Fresh Fruits & Veggies	24 Walking Taco  <b>FEATURED VEGGIES</b> Corn Fresh Fruits & Veggies	25 French Toast Sticks Sausage Patty  <b>FEATURED VEGGIES</b> Hash Brown Potatoes Fresh Fruits & Veggies	26 Buffalo Chicken Dip with Tortilla Chips  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits & Veggies	27 Pasta with Garlic Breadstick  <b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits & Veggies
30 Popcorn Chicken Bites with Pretzel Stick  <b>FEATURED VEGGIES</b> Steamed Green Beans Fresh Fruits & Veggies	31 Beef Soft Tacos  <b>FEATURED VEGGIES</b> Corn Fresh Fruits & Veggies			

### 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

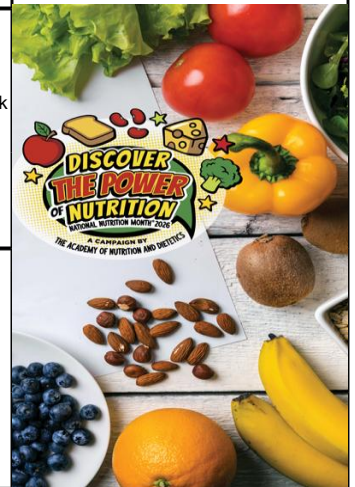
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free chocolate

### Daily Alternates

Weekly Craveables



### Your Team

**Marissa Janesko, General Manager**  
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### Meal Prices

Student Lunch	\$2.40
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00

