



Meet Your Nutritious Friend:
Mr. Oatis

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

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

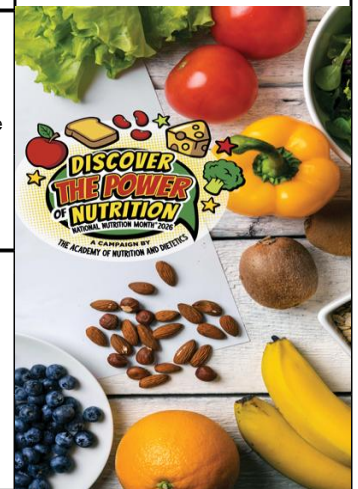
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

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	\$2.25
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00

