



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Patty on a Bun Nacho Craveable</p> <p>FEATURED VEGGIES Mashed Potatoes Fresh Fruits & Veggies</p>	<p>2</p> <p>Quesadilla Nacho Craveable</p> <p>FEATURED VEGGIES Steamed Corn Fresh Fruits & Veggies</p>	<p>3</p> <p>Jacked Up Fries Nacho Craveable</p> <p>FEATURED VEGGIES French Fries Fresh Fruits & Veggies</p>	<p>4</p> <p>Lasagna Roll Ups Nacho Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Fruits & Veggies</p>	<p>5</p> <p>Cheese Pizza Nacho Craveable</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruits & Veggies</p>
<p>8</p> <p>Corn Dogs Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Baked Beans Fresh Fruits & Veggies</p>	<p>9</p> <p>Breakfast for Lunch Mini Pancakes Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Hash Brown Potatoes Fresh Fruits & Veggies</p>	<p>10</p> <p>Asian Chicken over Rice Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Fruits & Veggies</p>	<p>11</p> <p>Ham or Turkey Lunchable</p> <p>FEATURED VEGGIES Fresh Fruits & Veggies</p>	<p>12</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</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 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

