



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty on a Bun Pretzel Craveable FEATURED VEGGIES Corn Fresh Fruits & Veggies	2 BBQ Rib Sandwich Pretzel Craveable FEATURED VEGGIES Steamed Corn Fresh Fruits & Veggies	3 Meatball Hoagie Pretzel Craveable FEATURED VEGGIES Steamed Green Beans Fresh Fruits & Veggies	4 Popcorn Chicken Bites Pretzel Craveable FEATURED VEGGIES Mashed Potatoes Fresh Fruits & Veggies	5 Cheese Pizza Pretzel Craveable FEATURED VEGGIES Mixed Veggies Fresh Fruits & Veggies
8 Cheese Filled Breadsticks FEATURED VEGGIES Steamed Veggies Fresh Fruits & Veggies	9 Tacos FEATURED VEGGIES Steamed Corn Fresh Fruits & Veggies	10 Pierogis FEATURED VEGGIES Steamed Broccoli Fresh Fruits & Veggies	11 Cheese Pizza FEATURED VEGGIES Fresh Fruits & Veggies	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

