



**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Beef & Cheese Burrito Walking Taco with Dinner Roll FEATURED VEGGIES Sweet Corn Celery w/ Ranch	2 Max Sticks with Marinara & Pasta Caesar chicken Salad with roll FEATURED VEGGIES Baked Beans Cucumber Slices	3 Chicken & Cheese Quesadilla Pizza Kit FEATURED VEGGIES Steamed Broccoli Baby carrots w/ ranch	4 Seasoned Pizza Slice Italian Hoagie FEATURED VEGGIES Side Salad Veggie Patch	What is a Meal? You 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, chocolate, vanilla, and strawberry Daily Alternates Chicken Nuggets w/ dinner roll Cereal Lunch w/ yogurt, string cheese, graham crackers
7 Toasted Cheese Sandwich (V) Hot Dog! FEATURED VEGGIES Tomato Soup Tomatoes w/ Ranch	8 Beef Soft Tacos Cheese Burger FEATURED VEGGIES Sweet Corn Lettuce & Tomato	9 Quacker Yappers Maple Bacon Breakfast Sandwich 5th grd. Future Chef Winner French Bread Pizza FEATURED VEGGIES Roasted potatoes Cucumber Slices	10 Corn Dog Chicken Tenders with Soft Pretzel FEATURED VEGGIES Curly Fries Baby Carrots w/ ranch	11 Seasoned Pizza Slice American Hoagie FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad	
14 Fruit Loop Waffles with Sausage Patty Hot Dog on a Bun FEATURED VEGGIES Green Beans Tomatoes w/ Ranch	15 Chicken Patty on a Bun Walking Taco with Pretzel Stick FEATURED VEGGIES Sweet Corn Celery w/ Ranch	16 Cheese Steak on A Torpedo Roll Chef Salad with Crackers (V) FEATURED VEGGIES Baked Beans Cucumber Slices	17 Seasoned Pizza Slice Italian Hoagie FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	18 No School	
21	22	23	24	25	
28 Chicken & Mashed Potato Bowl with a Roll Hot Dog on a Bun FEATURED VEGGIES Green Beans Tomatoes w/ Ranch	29 Spaghetti w/ meat sauce Garlic Bread Stick Walking Taco's with Soft Pretzel Rods FEATURED VEGGIES Green Beans Celery w/ Ranch	30 Egg & Cheese Waffle Flatbread Sandwich (V) Garden Salad with egg, Cheese, goldfish FEATURED VEGGIES Hash Brown Potato, corn Fresh Cucumber Slices			

Your Team
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Meal Prices

Student Lunch	\$3.45
Reduced Lunch	\$0.00
Faculty Lunch	\$4.10



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.