



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Season Pizza Slice Cheese Sticks with dipping cup</p> <p>FEATURED VEGGIES Side Salad Fruit Choice</p>
<p>4</p> <p>Italian Meatballs & Cheese on a Roll Hot Dog on a Bun</p> <p>FEATURED VEGGIES Oven Fries Fruit Choice</p>	<p>5</p> <p>Mac & Cheese (V) Corn Dog</p> <p>FEATURED VEGGIES Green Beans Fruit Choice</p>	<p>6</p> <p>Hot Dog on a Roll Walking Taco with soft pretzel rod</p> <p>FEATURED VEGGIES Mashed Potatoes Fruit Choice</p>	<p>7</p> <p>Toasted Cheese Sandwich (V) Pizza Kit</p> <p>FEATURED VEGGIES French Fries Fruit Salad</p>	<p>8</p> <p>Season Pizza Slice Cheese Sticks with dipping cup</p> <p>FEATURED VEGGIES Side Salad Fruit Choice</p>
<p>11</p> <p>Pizza Crunchers Hot Dog on a Bun</p> <p>FEATURED VEGGIES Steamed Corn Fruit Choice</p>	<p>12</p> <p>Chicken & Waffles with a dipping cup Corn Dog</p> <p>FEATURED VEGGIES Street Corn Salad Fruit Choice</p>	<p>13</p> <p>Mini Corn Dogs with French Fries Walking Taco with soft pretzel rod</p> <p>FEATURED VEGGIES Steamed Broccoli Fruit Choice</p>	<p>14</p> <p>Pizza Pierogies Pizza Kit</p> <p>FEATURED VEGGIES Baked Beans Fruit Choice</p>	<p>15</p> <p>Season Pizza Slice Cheese Sticks with dipping cup</p> <p>FEATURED VEGGIES Side Salad Fruit Choice</p>
<p>18</p> <p>Toasted Cheese Sandwich (V) Hot Dog on a Bun</p> <p>FEATURED VEGGIES Tater Tots Fruit Choice</p>	<p>19</p> <p>Beef Soft Tacos Corn Dog</p> <p>FEATURED VEGGIES Green Beans Lettuce & Tomato</p>	<p>20</p> <p>Pepperoni Pizza Bagels Walking Taco with soft pretzel rod</p> <p>FEATURED VEGGIES Sweet Corn Fruit Choice</p>	<p>21</p> <p>Chicken Tenders with Soft Pretzel Pizza Kit</p> <p>FEATURED VEGGIES Curly Fries Fruit Choice</p>	<p>22</p> <p>Season Pizza Slice Cheese Sticks with dipping cup</p> <p>FEATURED VEGGIES Side Salad Fruit Choice</p>
<p>25</p> <p>Happy Memorial Day</p>	<p>26</p> <p>Chicken Patty on a Bun Corn Dog</p> <p>FEATURED VEGGIES Mexicali Corn Fruit Choice</p>	<p>27</p> <p>Cheesesteak on a Roll Walking Taco with soft pretzel rod</p> <p>FEATURED VEGGIES Tater Tots Fruit Choice</p>	<p>28</p> <p>Meatballs over Penne Pasta with Garlic Bread Pizza Kit</p> <p>FEATURED VEGGIES Steamed Broccoli Fruit Choice</p>	<p>29</p> <p>Season Pizza Slice Cheese Sticks with dipping cup</p> <p>FEATURED VEGGIES Side Salad Fruit Choice</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

Chicken Nuggets with a dinner roll

Cereal Lunch with yogurt, string cheese and graham crackers

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

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Meal Prices

Student Lunch	\$3.75
Reduced Lunch	\$0.00
Faculty Lunch	\$4.60

