



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken & Mashed Potato Bowl with Roll</p> <p>Chicken Nuggets/roll</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>2</p> <p>Toasted Pizza Flatbread Sandwich</p> <p>Chicken Nuggets w/ roll</p> <p>FEATURED VEGGIES Side salad</p>	<p>3</p> <p>Mini Maple Pancakes with Sausage Patties</p> <p>Chicken Nuggets/ roll</p> <p>FEATURED VEGGIES Home Fries</p>	<p>4</p> <p>Pizza Crunchers</p> <p>Chicken Nuggets/roll</p> <p>FEATURED VEGGIES Steamed Corn</p>	<p>5</p> <p>Season Pizza Slice</p> <p>Chicken Nuggets/roll</p> <p>FEATURED VEGGIES Side Salad</p>
<p>8</p> <p>Dutch Waffle with Chicken Nuggets</p> <p>Cereal Lunch</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>9</p> <p>Mac & Cheese (V)</p> <p>Chicken Nuggets Cereal Lunch</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>10</p> <p>Cinnamon Crunch Toast French Toast Sausage Patty</p> <p>Chicken Nuggets w/ roll</p> <p>Cereal Lunch</p> <p>FEATURED VEGGIES Home Fries</p>	<p>11</p> <p>Cheese Burger Hot Dog</p> <p>Chicken Nuggets Cereal Lunch</p> <p>FEATURED VEGGIES French Fries BBQ Beans</p>	<p>12</p> <p>Season Pizza Slice</p> <p>Chicken Nuggets</p> <p>Cereal Lunch</p> <p>FEATURED VEGGIES Side Salad</p>
<p>15</p> <p>French Bread Pizza</p> <p>Chicken Nuggets w/ dinner roll</p> <p>Cereal Lunch</p> <p>FEATURED VEGGIES Chefs Veggie Choice Fruit Choice</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

Cereal Lunch , string cheese, graham crackers, yogurt

Chicken Nuggets with dinner roll

(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

