

BABY



Black Bean

**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Hot Dog on a Roll Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Baked Beans Green Pepper Strips</p>	<p>2</p> <p>Toasted Cheese Sandwich (V) Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Tomato Soup Diced Carrots</p>	<p>3</p> <p>NO SCHOOL</p>
<p>6</p> <p>NO SCHOOL</p>	<p>7</p> <p>Chicken & Cheese Quesadilla PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Green Peppers Salsa</p>	<p>8</p> <p>Asian Sesame Chicken over Brown Rice PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Carrots Steamed Broccoli</p>	<p>9</p> <p>Hot Ham & Cheese Sandwich PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Baked Beans Side Caesar Salad</p>	<p>10</p> <p>Cheese Pizza Crunchers w/ Marinara PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Green Beans Celery</p>
<p>13</p> <p>Chicken Nuggets w/Dinner Roll Super Fruit Craveable Chef Salad w/Dinner Roll</p> <p>FEATURED VEGGIES Butter Noodles Sliced Carrots</p>	<p>14</p> <p>Beef Soft Tacos Super Fruit Craveable Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>15</p> <p>Cheeseburger on a Whole Grain Bun Super Fruit Craveable Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli</p>	<p>16</p> <p>Chicken Tenders With Roll Super Fruit Craveable Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Fries Celery Sticks</p>	<p>17</p> <p>Pepperoni Pizza Super Fruit Craveable Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Baby Carrots Corn salad</p>
<p>20</p> <p>Meatball & Cheese Sub Pizza Craveable Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Seasoned Peas Celery</p>	<p>21</p> <p>Walking Taco w/Tostito Rounds Pizza Craveable Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Corn Salsa</p>	<p>22</p> <p>Cheesesteak Pizza Craveable Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Fries Mixed Vegetables</p>	<p>23</p> <p>Popcorn Chicken Mash Potato Bowl Pizza Craveable Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Corn Broccoli</p>	<p>24</p> <p>French Bread Pizza Pizza Craveable Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Green Beans Cucumber Slices</p>
<p>27</p> <p>Cheeseburger on a Bun Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>28</p> <p>Nachos Grande Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Refried Beans Golden Corn</p>	<p>29</p> <p>French Toast Sticks w/ Sausage Patty Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Carrots</p>	<p>30</p> <p>Mac & Cheese (V) Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Baked Beans Celery Sticks</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, lactose free white, fat-free chocolate

Daily Alternates

Fresh Entree Salad of the Week

- Craveables
- Weekly Cold Cut Sandwiches & Wraps

(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

Powered by Metz Culinary Management
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Meal Prices

Student Lunch \$2.40
Faculty Lunch \$4.50

