



**Meet Your Nutritious Friend:
Cheerleading Cherries**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p>2</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>3</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>4</p> <p>French Toast Sticks with Sausage Patties Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Tri Patty Taters Carrot Sticks</p> | <p>5</p> <p>Mac & Cheese (V) Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Stewed Tomatoes Celery Sticks</p> | <p>6</p> <p>Cheese Pizza (V) Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p> |
| <p>9</p> <p>Popcorn Chicken with Roll Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p> | <p>10</p> <p>Beef & Cheese Quesadilla Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Refried Beans Tomato Salad</p> | <p>11</p> <p>Spaghetti w/Meat Sauce Garlic Bread Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Side Salad Fresh Cucumber Slices</p> | <p>12</p> <p>Chicken Patty on a Bun Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p> | <p>13</p> <p>Toasted Pepperoni Pizza Flatbread Sandwich Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Grape Tomatoes Lemon Pepper Broccoli</p> |
| <p>16</p> <p>Chicken Nuggets with Roll Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Oven Fries Steamed Carrots</p> | <p>17</p> <p>Macaroni & Cheese (V) Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Green Beans Caesar Salad</p> | <p>18</p> <p>Hot Dog on a Roll Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Baked Beans Green Pepper Strips</p> | <p>19</p> <p>Toasted Cheese Sandwich (V) Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Tomato Soup Corn Salad</p> | <p>20</p> <p>Cheese Pizza Bagel (V) Yogurt Craveable (V) Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Fresh Broccoli Side Salad</p> |
| <p>23</p> <p>NO SCHOOL</p> | <p>24</p> <p>Chicken & Cheese Quesadilla PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Green Peppers Salsa</p> | <p>25</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>26</p> <p>Hot Ham & Cheese on a Pretzel Roll PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Baked Beans Side Caesar Salad</p> | <p>27</p> <p>Cheese Pizza Crunchers w/ Marinara PB&J Craveable Garden Salad w/Goldfish & Dinner Roll</p> <p>FEATURED VEGGIES Green Beans Celery</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

