



**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Nuggets w/Dinner Roll</p> <p>Super Fruit Craveable</p> <p>Chef Salad w/Dinner Roll</p> <p>FEATURED VEGGIES Tater Tots Side Salad</p>	<p>3</p> <p>Beef Soft Tacos</p> <p>Super Fruit Craveable</p> <p>Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>4</p> <p>Cheeseburger on a Whole Grain Bun</p> <p>Super Fruit Craveable</p> <p>Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli</p>	<p>5</p> <p>Chicken Tenders With Roll</p> <p>Super Fruit Craveable</p> <p>Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Fries Celery Sticks</p>	<p>6</p> <p>Pepperoni Pizza</p> <p>Super Fruit Craveable</p> <p>Chef salad w/ Dinner Roll</p> <p>FEATURED VEGGIES Baby Carrots Corn salad</p>
<p>9</p> <p>Meatball & Cheese Sub</p> <p>Pizza Craveable</p> <p>Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Fries Seasoned Peas</p>	<p>10</p> <p>Walking Taco w/Tostito Rounds</p> <p>Pizza Craveable</p> <p>Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Corn Salsa</p>	<p>11</p> <p>Cheesesteak</p> <p>Pizza Craveable</p> <p>Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Tater Tots Mixed Vegetables</p>	<p>12</p> <p>Popcorn Chicken Mash Potato Bowl</p> <p>Pizza Craveable</p> <p>Turkey and Cheese Wrap</p> <p>FEATURED VEGGIES Corn Broccoli</p>	<p>13</p> <p>French Bread Pizza</p> <p>Pizza Craveable</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Green Beans Cucumber Slices</p>
<p>16</p> <p>Cheeseburger on a Bun</p> <p>Soft Pretzel Craveable (V)</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>17</p> <p>Nachos Grande</p> <p>Soft Pretzel Craveable (V)</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Refried Beans Golden Corn</p>	<p>18</p> <p>French Toast Sticks w/ Sausage Patty</p> <p>Soft Pretzel Craveable (V)</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Carrots</p>	<p>19</p> <p>Mac & Cheese (V)</p> <p>Soft Pretzel Craveable (V)</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Baked Beans Celery Sticks</p>	<p>20</p> <p>Cheese Pizza (V)</p> <p>Soft Pretzel Craveable (V)</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>
<p>23</p> <p>Popcorn Chicken with Roll</p> <p>Breadstick Dipper Craveable (V)</p> <p>Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Crinkle cut Fries Baby Carrots</p>	<p>24</p> <p>Beef & Cheese Quesadilla</p> <p>Breadstick Dipper Craveable (V)</p> <p>Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Refried Beans Tossed Salad</p>	<p>25</p> <p>Spaghetti w/Meat Sauce</p> <p>Garlic Bread</p> <p>Breadstick Dipper Craveable (V)</p> <p>Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Side Salad Fresh Cucumber Slices</p>	<p>26</p> <p>Chicken Patty on a Bun</p> <p>Breadstick Dipper Craveable (V)</p> <p>Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p>	<p>27</p> <p>Toasted Pepperoni Pizza Flatbread Sandwich</p> <p>Breadstick Dipper Craveable (V)</p> <p>Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Diced Carrots Roasted Broccoli</p>
<p>30</p> <p>Chicken Nuggets with Roll</p> <p>Yogurt Craveable (V)</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Oven Fries Seasoned Sliced Carrots</p>	<p>31</p> <p>Macaroni & Cheese (V)</p> <p>Yogurt Craveable (V)</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Green Beans Caesar Salad</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

