




Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			DAILY SPECIAL 1 Toasted Cheese Sandwich CRAVEABLE PB&J FEATURED SIDES Tomato Soup Assorted Veggies	2 NO SCHOOL	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, 1% chocolate, 1% vanilla, and 1% strawberry
 5 Chicken Tacos CRAVEABLE Chicken Nugget Dipper FEATURED SIDES Mexican Rice Steamed Corn	DAILY SPECIAL 6 All Beef Hot Dog w/ Chips CRAVEABLE Chicken Nugget Dipper FEATURED SIDES Baked Beans Macaroni Salad	DAILY SPECIAL 7 Gen Tso Chicken w/ Egg Roll CRAVEABLE Chicken Nugget Dipper FEATURED SIDES Steamed Broccoli Steamed Rice	DAILY SPECIAL 8 Walking Taco CRAVEABLE Chicken Nugget Dipper FEATURED SIDES Refried Beans Assorted Veggies	DAILY SPECIAL 9 Pizza Crunchers w/ Sauce CRAVEABLE Chicken Nugget Dipper FEATURED SIDES Green Beans Side Salad	Choice of Milk 1% white, fat-free white, 1% chocolate, 1% vanilla, and 1% strawberry Daily Alternates Fresh Entree Salad Rotation: Chef Salad Farmhouse Salad Asian Chicken Salad Crispy Chicken Salad Rotating Craveable (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
DAILY SPECIAL 12 Chicken Nuggets w/ Dinner Roll CRAVEABLE Flatbread Pizza FEATURED VEGGIES Smiley Fries Assorted Veggies	DAILY SPECIAL 13 Cheeseburger CRAVEABLE Flatbread Pizza FEATURED VEGGIES French Fries Steamed Corn	DAILY SPECIAL 14 Penne Chicken Alfredo CRAVEABLE Flatbread Pizza FEATURED VEGGIES Steamed Peas Assorted Fruit	DAILY SPECIAL 15 Mini Corn Dogs CRAVEABLE Flatbread Pizza FEATURED VEGGIES Baked Beans Side Salad	DAILY SPECIAL 16 Cheese Pizza CRAVEABLE Flatbread Pizza FEATURED VEGGIES Assorted Veggies Side Salad	
DAILY SPECIAL 19 Turkey & Cheese Melt CRAVEABLE Walking Taco FEATURED VEGGIES Chickpea Salad Sweet Potato Waffle Fries	DAILY SPECIAL 20 Chicken Tenders w/ Dinner Roll CRAVEABLE Walking Taco FEATURED VEGGIES Curley Fries Assorted Veggies	DAILY SPECIAL 21 Chicken Patty CRAVEABLE Walking Taco FEATURED VEGGIES Hash Brown Triangles Cauliflower w/ Cheese	DAILY SPECIAL 22 KC Italian Sub CRAVEABLE Walking Taco FEATURED VEGGIES Chips Assorted Veggies	DAILY SPECIAL 23 Max Sticks w/ Sauce CRAVEABLE Walking Taco FEATURED VEGGIES Side Salad Sliced Cucumber	
26 NO SCHOOL 	DAILY SPECIAL 27 Dino Nuggets CRAVEABLE PB&J FEATURED SIDES Mashed Potatoes Steamed Corn	DAILY SPECIAL 28 Ham & Cheese on Pretzel CRAVEABLE PB&J FEATURED SIDES Tater Tots Assorted Veggies	DAILY SPECIAL 29 Toasted Cheese Sandwich CRAVEABLE PB&J FEATURED SIDES Tomato Soup Assorted Veggies	DAILY SPECIAL 30 Stuffed Crust Pizza CRAVEABLE PB&J FEATURED SIDES Chickpea Salad Assorted Veggies	

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Meal Prices
 Student Lunch Free
 Reduced Lunch Free
 Faculty Lunch \$4.65



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.