



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheeseburger on a Bun Orange Chicken over Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>4</p> <p>Cheesesteak Sub Mac & Cheese (V)</p> <p>FEATURED VEGGIES Stewed Tomatoes Apple Cider Slaw</p>	<p>5</p> <p>French Toast Sticks with Sausage Links Breakfast Wrap (V)</p> <p>FEATURED VEGGIES Tri Patty Taters Carrot Sticks</p>	<p>6</p> <p>Fish Tacos on Soft Tortillas Nachos Grande with Tortilla Chips</p> <p>FEATURED VEGGIES Latin-Inspired Beans Tomato Salad</p>	<p>7</p> <p>Cheesy Pizza (V) Corn Dog</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>
<p>10</p> <p>Chicken & Mashed Potato Bowl with Roll Hot Ham & Cheese on Pretzel Bun</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p>	<p>11</p> <p>Santa Fe Pita Pizza (V) Chicken Enchilada Soup with Tortilla Chips</p> <p>FEATURED VEGGIES Latin-Inspired Beans Golden Corn</p>	<p>12</p> <p>Egg & Cheese Waffle Flatbread Sandwich (V) Mini Maple Pancakes with Sausage Patties</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices</p>	<p>13</p> <p>Chicken Patty on a Bun Cheese Lasagna with Garlic Breadstick (V)</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p>	<p>14</p> <p>Toasted Pizza Flatbread Sandwich Italian Dunkers with Sauce (V)</p> <p>FEATURED VEGGIES Diced Tomatoes Roasted Zucchini</p>
<p>17</p> <p>Italian Meatballs & Cheese on a Roll Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Oven Fries Red Pepper Strips</p>	<p>18</p> <p>Mac & Cheese (V) Walking Taco with Pretzel Stick</p> <p>FEATURED VEGGIES Green Beans Caesar Salad</p>	<p>19</p> <p>Hot Dog on a Roll Cheeseburger on a Bun</p> <p>FEATURED VEGGIES Tater Tots Green Pepper Strips</p>	<p>20</p> <p><i>HAPPY thanksgiving</i></p> <p>Turkey with Gravy House Made Stuffing</p> <p>FEATURED VEGGIES Mashed Potatoes Green Beans</p>	<p>21</p> <p>BBQ Ribby on a Bun Pepperoni Pizza Bagel Cheese Pizza Bagel (V)</p> <p>FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad</p>
<p>24</p> <p>NO SCHOOL</p>	<p>25</p> <p>NO SCHOOL</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>NO SCHOOL</p>	<p>28</p> <p>NO SCHOOL</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

Daily Alternates

Monday: Nacho Craveables
Tuesday: Breadstick Dipper
Craveables
Wednesday: Super Fruit Craveables
Thursday: PB&J Craveables
Friday: Walking Taco Craveables

(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

Meal Prices

Student Lunch	\$2.55
Reduced Lunch	\$0.00
Faculty Lunch	\$4.25



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