



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3 Asian Chicken over Rice Soft Pretzel Craveable FEATURED VEGGIES Steamed Broccoli	4 Nachos Grande w/ Beef Fiesta Taco Salad FEATURED VEGGIES Refried Beans Golden Corn	5 Cheese Pizza Bagel Meal FEATURED VEGGIES Mixed Veggie Patch	6 SCHOOL CLOSED	7 SCHOOL CLOSED	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate, fat-free strawberry</p> <p>Daily Alternates: Cheese Burger Uncrustables</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p>
10 Bacon Cheese Burger Soft Pretzel Craveable FEATURED VEGGIES Sweet Peas	11 Pasta w/ Meat Sauce Fiesta Taco Salad FEATURED VEGGIES Mixed Veggies	12 French Toast Stick w/ Breakfast Sausage Ham & Cheese FEATURED VEGGIES Hash Brown Potato	13 Cheese or Pepperoni Pizza Bagel Meal FEATURED VEGGIES Side Salad	14 Cheese Quesadilla Turkey & Cheese FEATURED VEGGIES Diced Stewed Tomatoes	
17 Chicken Tenders w/ Buttered Noodles Soft Pretzel Craveable FEATURED VEGGIES Sweet Carrots	18 Chicken Cheese Steak Fiesta Taco Salad FEATURED VEGGIES Green Beans	19 Hot Roasted Turkey Meal w/ Gravy Ham & Cheese FEATURED VEGGIES Mashed Potatoes	20 Cheese or Pepperoni Pizza Bagel Meal FEATURED VEGGIES Caesar Salad	21 Bacon Cheese Burger Turkey & Cheese FEATURED VEGGIES Chickpea Salad	
24 Roasted Pork Sandwich w/ Melted Cheese Soft Pretzel Craveable FEATURED VEGGIES Sweet Peas	25 Chicken & Cheese Burrito Fiesta Taco Salad FEATURED VEGGIES Sweet Corn	26 Cheese Pizza Bagel Meal FEATURED VEGGIES Mixed Veggie Patch	27 HAPPY THANKSGIVING	28 SCHOOL CLOSED	
30 Pizza Crunchers filled w/ Cheese & Marinara Sauce Soft Pretzel Craveable FEATURED VEGGIES Green Beans					

Your Team

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Meal Prices

Student Lunch	\$3.30
Reduced Lunch	\$0.00



NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz