



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Crunchers w/ Cheese & Marinara sauce FEATURED VEGGIES Green Beans	2 Beef or Chicken Soft Tacos FEATURED VEGGIES Refried Beans Lettuce & Tomato	3 Buttermilk Pancakes & Bacon FEATURED VEGGIES Potato Wedges	4 Cheese or Pepperoni Pizza FEATURED VEGGIES Side Salad	5 All Beef Cheese Dogs FEATURED VEGGIES Baked Beans
8 Sloppy Joe on a Fresh Baked Bun FEATURED VEGGIES Sweet Peas	9 Grilled Cheese Sandwich w/ Tomato Soup FEATURED VEGGIES Tomato Soup	10 Breakfast Sandwich Bar Choice of: Egg, Cheese, Bacon, Ham, Sausage FEATURED VEGGIES Tater Tots	11 Cheese or Pepperoni Pizza FEATURED VEGGIES Side Salad	12 Chicken & Cheese Quesadillas FEATURED VEGGIES Sweet Corn
15 Pizza Burger FEATURED VEGGIES Steamed Broccoli	16 All Beef or Chicken Nachos Grande FEATURED VEGGIES Refried Beans	17 Grilled Hot Ham & Cheese FEATURED VEGGIES French Fries	18 Cheese or Pepperoni Pizza FEATURED VEGGIES Caesar Salad	19 Crispy Spicy Chicken Tenders FEATURED VEGGIES Sweet Glazed Carrots
22 Buffalo Chicken Cheese Steak FEATURED VEGGIES Green Beans	23 Cheese or Pepperoni Pizza FEATURED VEGGIES Cold Veggie Patch	24 WINTER BREAK	25 MERRY CHRISTMAS	26 WINTER BREAK
29 WINTER BREAK	30 WINTER BREAK	31 NY'S EVE	1 HAPPY NEW YEAR	2 WINTER BREAK

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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable
Hot vegetable, seasonal fresh vegetables

Choice of Fruit
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk
1% white,, fat-free chocolate, fat-free strawberry

Daily Alternates
Fresh Salads
Craveables
Weekly Cold Cut Sandwiches
Hoagies & Wraps
Variety of Hot Sandwiches
Pizza Items Daily
Uncrustables

Your Team
Richele Boyce, Food Service Director
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Meal Prices
Student Lunch \$3.80
Reduced Lunch \$0.00



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