



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 (WK 3) 	4 1. Doritos Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato Salad	5 1. Chicken Patty on a Bun FEATURED VEGGIES Tater Tots Potato Salad	6 1. Pizza Crunchers with Marinara Sauce (V) FEATURED VEGGIES Mixed Vegetables Garden Salad
9 (WK 4) 1. BBQ Pulled Chicken Sandwich FEATURED VEGGIES Baked Beans Macaroni Salad	10 1. Mini Turkey Corn Dogs FEATURED VEGGIES Seasoned Peas Pasta Salad	11 1. French Toast Sticks with Sausage Links FEATURED VEGGIES Tri Patty Taters Celery Sticks	12 1. Mac & Cheese (V) Dinner Roll FEATURED VEGGIES Steamed Tomatoes Seasoned Broccoli	13 1. Cheese Pizza (V) FEATURED VEGGIES Steamed Green Beans Caesar Salad
16 (WK 1) 1. Popcorn Chicken with Mashed Potatoes and a Dinner Roll FEATURED VEGGIES Buttered Corn Celery Sticks	17 1. Beef Nachos Grande FEATURED VEGGIES Refried Beans Corn & Tomato Salad	18 1. Belgian Waffle Sticks with Turkey Sausage Patties FEATURED VEGGIES Hash Brown Potato Cherry Tomatoes	19 1. Chicken Patty on a Bun FEATURED VEGGIES Mixed Vegetables Romaine Salad	20 
23 (WK 2) 1. Chicken Nuggets with Roll FEATURED VEGGIES Oven Fries Pasta Salad	24 1. Doritos Walking Taco with Pretzel Stick FEATURED VEGGIES Green Beans Corn Salad	25 1. Hot Dog on a Roll FEATURED VEGGIES Baked Beans Green Pepper Strips	26 1. Mac & Cheese (V) Dinner Roll FEATURED VEGGIES Seasoned Broccoli Caesar Salad	27 1. Cheese Pizza (V) FEATURED VEGGIES Seasoned Peas Garden Salad
30 (WK 3) 1. Hamburger or Cheeseburger on a Bun FEATURED VEGGIES Crinkle Fries Potato Salad	31 1. Turkey Tacos FEATURED VEGGIES Red Beans Broccoli Salad			

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, 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

2. PB&J w/ Yogurt or Sting Cheese and Goldfish Crackers
3. Chopped Garden Salad
4. Turkey and Cheese Salad
5. Weekly Sandwich/ Friday Craveable

Wk 1- Turkey Ham and Cheese/ Nacho Craveable

Wk 2- Turkey and Cheese/ Superfruit Craveable

Wk 3- Turkey Ham and Cheese/ Pizza Flatbread Craveable

Wk 4- Turkey and Cheese/ Italian Craveable.

(V) Vegetarian (WG) Whole Grain

Contact

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Meal Prices

Student Lunch \$0.00
Reduced Lunch \$0.00

