


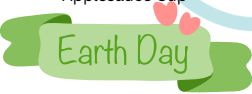

Student Cost \$2.75, Milk \$0.50

Fresh Eats

CAFETERIA

Director of Food & Nutrition

Kala Geiss | Phone: 419.927.2414 Ext 4010 | Email: Kala.geiss@mohawklocal.org

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Hot Dog Crispy Tater Tots Mandarin Oranges Applesauce Cup	2 NO SCHOOL	3 NO SCHOOL
6 NO SCHOOL	7 Crispy Chicken Sandwich Golden Sweet Corn Diced Pears Fresh Apple Slices	8 Crispy Orange Chicken w/ Steamed Brown Rice Fresh Steamed Broccoli Mandarin Oranges Applesauce Cup	9 Savory Salisbury Steak & WG Dinner Roll Creamy Mashed Potatoes w/ Gravy Diced Peaches Fresh Apple Slices or Banana	10 Homemade Grilled Cheese Creamy Tomato Soup Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Orange Wedges
13 BBQ Rib Sandwich Honey Glazed Carrots Tropical Fruit Applesauce Cup	14 Beef or Chicken Nachos Cheesy Seasoned Refried Beans Diced Pears Fresh Apple Slices	15 Homemade Macaroni & Cheese Golden Sweet Corn Mandarin Oranges Applesauce Cup	16 Homemade Italian Dunkers w/ Marinara Sauce Fresh Steamed Broccoli Diced Peaches Fresh Apples Slices or Banana	17 Grilled Cheeseburger or Hamburger Oven Baked French Fries Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Orange Wedges
20 Chicken Quesadilla Honey Glazed Carrots Tropical Fruit Applesauce Cup	21 Crispy Chicken Nuggets Golden Sweet Corn Diced Pears Fresh Apple Slices	22 Pepperoni Calzone w/ Marinara Sauce Steamed Green Beans Mandarin Oranges Applesauce Cup 	23 Homemade Chicken Fried Rice Fresh Steamed Broccoli Diced Peaches Fresh Apple Slices or Banana	24 National Pigs in a Blanket Day!! Homemade Pig in a Blanket BBQ Baked Beans Mixed Fruit or Pineapple Tidbits Fresh Apple Slices or Applesauce Cup 
27 Cheese Tortellini w/ Marinara Sauce Fresh Steamed Broccoli Tropical Fruit Applesauce Cup	28 Beef Soft Taco Cheesy Seasoned Refried Beans Diced Pears Fresh Apple Slices	29 Popcorn Chicken w/ Whole Grain Dinner Roll Creamy Mashed Potatoes & Gravy Mandarin Oranges Applesauce Cup	30 Cinnamon French Toast Sticks w/ Turkey Links Crispy Tater Tots Diced Peaches Fresh Apple Slices or Banana	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, Fat Free Chocolate

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Fresh Made Ham or Turkey Chef Salad

Strawberry or Grape Uncrustable, String Cheese and
 Whole Grain Jungle Crackers