



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Diced Tomatoes Roasted Zucchini
4 Buffalo Chicken Dip with Chips Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Oven Fries Vegetarian Beans	5 Mac & Cheese Tuna Salad Turkey Hoagie FEATURED VEGGIES Stewed Tomatoes Mixed Vegetables	6 Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Steamed Peas	7 Chicken & Cheese Quesadilla Chicken Cesar Salad Turkey Hoagie FEATURED VEGGIES Tater Tots Steamed Corn	8 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad
11 Chicken & Mashed Potato Bowl Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Steamed Corn	12 Beef Soft Tacos Tuna Salad Turkey Hoagie FEATURED VEGGIES Vegetarian Beans Diced Tomatoes	13 Pizza Dippers w/ Marinara Sauce Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	14 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Baked Beans Tomato Salad	15 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad
18 Chicken Parm Sandwich Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Garden Salad Tater Tots	19 Nachos Grande with Tortilla Chips Tuna Salad Turkey Hoagie FEATURED VEGGIES Refried Beans Lettuce & Tomato	20 Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Glazed Carrots Steamed Broccoli	21 Chicken Tenders with Soft Pretzel Chicken Cesar Salad Turkey Hoagie FEATURED VEGGIES Curly Fries Apple Cider Slaw	22 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad
25 Memorial Day School Closed	26 Chicken Patty on a Bun Tuna Salad Turkey Hoagie FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	27 Cheesesteak on a Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tater Tots Steamed Carrots	28 Chicken Alfredo over Penne Pasta with Garlic Bread Chicken Cesar Salad Turkey Hoagie FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	29 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Cherry Tomatoes Cucumber Slices

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 chocolate, fat-free strawberry

Daily Alternates

- 1/2 Cheese & Yogurt Meal with Goldfish Crackers
- Melted Cheese Sandwich
- Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers

(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

Your Team

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Meal Prices

Student Lunch \$5.00
Reduced Lunch \$0.00
Faculty Lunch \$6.00

