



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Big Daddy Pizza</p> <p>Chicken or Caesar Salad</p> <p>Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Garden Salad Hot Veggies</p>
<p>4</p> <p>Chicken Nuggets with biscuit</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Mashed Potatoes Hot Veggies</p>	<p>5</p> <p>Walking Taco W/ Pretzel Stick</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Brown Rice Hot Veggies</p>	<p>6</p> <p>All Beef Hot Dog on a Roll</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES French Fries Hot Veggies</p>	<p>7</p> <p>Toasted Cheese Sandwich (V)</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Tomato Soup Hot Veggies</p>	<p>8</p> <p>Big Daddy Pizza</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Garden Salad Hot Veggies</p>
<p>11</p> <p>Popcorn Chicken & Biscuit</p> <p>Chef/Garden Salad</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Mashed Potatoes Hot Veggies</p>	<p>12</p> <p>Baked Ziti W/ Meatballs</p> <p>Chef/Garden Salad</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Garlic Bread Garden Salad</p>	<p>13</p> <p>Cheeseburger Deluxe</p> <p>Chef/Garden Salad</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES French Fries Hot Veggies</p>	<p>14</p> <p>Chicken Patty on Bun</p> <p>Chef/Garden Salad</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Potato Chips Hot Veggies</p>	<p>15</p> <p>Big Daddy Pizza</p> <p>Chef/Garden Salad</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Garden Salad Hot Veggies</p>
<p>18</p> <p>Chicken Nuggets with Roll</p> <p>Crispy Chicken/Garden Salad</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Mashed Potatoes Hot Veggies</p>	<p>19</p> <p>Chicken Tacos</p> <p>Crispy Chicken/Garden Salad</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Brown Rice Hot Veggies</p>	<p>20</p> <p>French Toast Sticks</p> <p>Crispy Chicken/Garden Salad</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Turkey Sausage Links Hash Brown</p>	<p>21</p> <p>Toasted Cheese Sandwich</p> <p>Crispy Chicken/Garden Salad</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Curly Fries Hot Veggies</p>	<p>22</p> <p>Big Daddy Pizza</p> <p>Crispy Chicken/Garden Salad</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Garden Salad Hot Veggies</p>
<p>25</p> <p>School Closed</p>	<p>26</p> <p>Walking Taco with Pretzel Stick</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Brown rice Hot Veggies</p>	<p>27</p> <p>Cheesesteak on a Roll</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Potato Chips Hot Veggies</p>	<p>28</p> <p>All Beef Hotdog On Bun</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES French Fries Hot Veggies</p>	<p>29</p> <p>Big Daddy Pizza</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Garden Salad Hot Veggies</p>

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 ½ 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, fat-free vanilla, fat-free strawberry

Daily Alternates
Bagel Boat
Grab & Go
Uncrustable
PBJ Meal

Your Team

Tina Artusa, Food Service Director
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Meal Prices

Student Lunch	\$3.25
Reduced Lunch	\$0.00
Faculty Lunch	\$5.25

