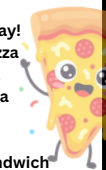



# Fresh Eats

CAFETERIA

Director of Food & Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank the heroes who serve your food in the cafeteria.</p>				<p><b>1</b></p> <p>Pieogries w/ sliced bread or Turkey &amp; Cheese Wrap</p> <p>Steamed Green Beans</p>
<p><b>4</b></p> <p>Tandoori Chicken w/ Rice or PBJ Munchable</p> <p>Steamed Corn</p>	<p><b>5</b></p> <p><b>CINCO de MAYO</b></p> <p>Sloppy Nachos or Layered Taco Cup</p> <p>Refried Beans</p> <p>*Churros*</p>	<p><b>6</b></p> <p>Grilled Cheese Panini or Fruit &amp; Yogurt Parfait w/ Crackers &amp; Granola</p> <p>Steamed Peas</p>	<p><b>7</b></p> <p>Pasta w/ Meatsauce &amp; Sliced Bread or Chicken Nugget Munchable</p> <p>Crispy French Fries</p>	<p><b>8</b></p> <p>Italian Flatbread or Chicken &amp; cheese Wrap</p> <p>Steamed Carrots</p>
<p><b>11</b></p> <p>Turkey &amp; cheese Pretzel Bun or Pizza Dunker Munchable</p> <p>Crispy Tater Tots</p>	<p><b>12</b></p> <p>Macaroni &amp; Cheese w/ Sliced Bread or Chef Salad w/ Turkey &amp; ham &amp; Sliced bread</p> <p>Steamed Mixed Vegetables</p>	<p><b>13</b></p> <p>Popcorn Chicken Bowl w/ Sliced Bread or Fruit &amp; Yogurt Parfait w/ Crackers</p> <p>Steamed Corn</p>	<p><b>14</b></p> <p>Beef &amp; cheese Soft Tacos or Ham &amp; Cheese Munchable</p> <p>Refried Beans</p>	<p><b>15</b></p> <p>National Pizza Day! BBQ Chicken Pizza Sausage Pizza Pepperoni Pizza Cheese Pizza or Turkey &amp; cheese Sandwich</p> <p>Steamed Broccoli</p> 
<p><b>18</b></p> <p>Fiestada Pizza or Apple &amp; Peanut butter Munchable</p> <p>Oven Roasted Carrots</p>	<p><b>19</b></p> <p>Chicken Broccoli Alfredo w/ Sliced bread or Caesar Salad w/ Grilled Chicken &amp; Sliced bread</p> <p>Steamed Broccoli</p>	<p><b>20</b></p> <p>Walking taco w/ Beef &amp; Cheese &amp; Sliced Bread or CFruit Yogurt Parfait w/ Granola &amp; Crackers</p> <p>Steamed Corn</p>	<p><b>21</b></p> <p>BBQ Rib on a Bun or BYO Pizza Munchable</p> <p>Crispy French Fries</p>	<p><b>22</b></p> <p>Salisbury Steak w/ Noodles or Ham &amp; cheese hoagie</p> <p>Mashed Potatoes</p>
<p><b>25</b></p>  <p><b>MEMORIAL DAY</b> NO SCHOOL</p>	<p><b>26</b></p> <p>Orange Chicken w/ Rice or Taco Salad w/ Beef &amp; cheese &amp; tortilla Chips</p> <p>Steamed Broccoli</p>	<p><b>27</b></p> <p>Sweet &amp; Sour Dumplings or Fruit Yogurt Parfait w/ Granola &amp; Crackers</p> <p>Steamed Corn</p>	<p><b>28</b></p> <p>Chicken Tikka Masala w/ Rice or Turkey &amp; cheese Munchable</p> <p>Steamed Green Beans</p>	<p><b>29</b></p> <p>Turkey &amp; cheese Panini or Chicken Salad wrap</p> <p>Steamed Carrots</p>

### 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

1% White, fat Free Chocolate, white, vanilla, or Strawberry  
PreK: 1% White or fat free white

### 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

Monday: Chicken nuggets w/ sliced bread or goldfish  
Tuesday: Cheesy Bosco Sticks  
Wednesday: Chicken Patty on a Bun  
Thursday: Cheeseburger on a Bun  
Friday: Cheese or Pepperoni Pizza

Daily:  
Grape or Strawberry Uncrustable w/ Cheesestick & Crackers

## Now Hiring