



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Mac & Cheese w/ A Roll Turkey BLT Wrap</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>2</p> <p>Cheese Pizza Quesadilla Ham & Cheese on a Pretzel Bun</p> <p>FEATURED VEGGIES Rice & Beans</p>	<p>3</p> <p>Dutch Waffle w/ Turkey Bacon Grilled Chicken Caesar Roll up</p> <p>FEATURED VEGGIES Smiley Potatoes</p>	<p>4</p> <p>Cheeseburger Taco Salad w/ Tortilla Chips</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>5</p> <p>Pizza By The Slice Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>
<p>8</p> <p>Pasta w/ Meat Sauce Turkey BLT Wrap</p> <p>FEATURED VEGGIES Asparagus</p>	<p>9</p> <p>Twin Beef Soft Tacos Ham & Cheese on a Pretzel Bun</p> <p>FEATURED VEGGIES Seasoned Carrots</p>	<p>10</p> <p>Pizza By The Slice Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>	<p>11</p> <p>Half Day No Lunch</p>	<p>12</p> <p>Half Day No Lunch</p>
<p>15</p> <p>Half Day No Lunch</p>	<p>16</p> <p>Half Day No Lunch</p>	<p>17</p> <p>Half Day No Lunch</p>	<p>18</p> <p>Half Day No Lunch</p>	<p>19</p> <p>Half Day No Lunch</p>
<p>22</p> <p>Half Day No Lunch</p>	<p>23</p> <p>Half Day No Lunch</p>	<p>24</p> <p>Half Day No Lunch</p>	<p>25</p> <p>Half Day No Lunch</p>	<p>26</p> <p>Half Day No Lunch</p>
<p>29</p> <p>Half Day No Lunch</p>	<p>30</p> <p>Half Day No Lunch</p>	<p>Half Day No Lunch</p>	<p>Half Day No Lunch</p>	<p>Half Day No Lunch</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 strawberry

Daily Alternates

Cereal Grab & Go

PB&J Grab & Go

Your Team

Kim Vencius, Food Service Director
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Meal Prices

Student Lunch	\$3.35
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00

