



**Meet Your Nutritious Friend:  
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Macaroni & Cheese w/ Roll PB& J Grab & Go <b>FEATURED VEGGIES</b> Sweet Peas	2 Cheese Pizza Quesadilla PB& J Grab & Go <b>FEATURED VEGGIES</b> Rice & Beans	3 Dutch Waffle w/ Turkey Bacon PB& J Grab & Go <b>FEATURED VEGGIES</b> Smiley Potatoes	4 Cheeseburger on a Bun PB& J Grab & Go <b>FEATURED VEGGIES</b> BBQ Baked Beans	5 Cheese Personal Pizza PB& J Grab & Go <b>FEATURED VEGGIES</b> Slice Cucumbers w/ Ranch Cup
8 Half Day No Lunch	9 Half Day No Lunch	10 Half Day No Lunch	11 Half Day No Lunch	12 Half Day No Lunch
15 Half Day No Lunch	16 Half Day No Lunch	17 Half Day No Lunch	18 Half Day No Lunch	19 Half Day No Lunch
22 Half Day No Lunch	23 Half Day No Lunch	24 Half Day No Lunch	25 Half Day No Lunch	26 Half Day No Lunch
29 Half Day No Lunch	30 Half Day No Lunch			

### 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

### (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

Name Here, Food Service Director  
000.000.0000 ext. 0000  
[email@nsfm.com](mailto:email@nsfm.com)

### Meal Prices

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

