



**Meet Your Nutritious Friend:  
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Penne Pasta w/ Marinara &amp; Bread Stick</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Hot Veggie Garden Salad</p>	<p><b>2</b></p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Brown Rice Hot Veggie</p>	<p><b>3</b></p> <p>Hot Turkey Ham &amp; Cheese on Kaiser Roll</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> French Fries Hot Veggies</p>	<p><b>4</b></p> <p>Chicken Patty on a Bun</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Pasta Salad Hot Veggies</p>	<p><b>5</b></p> <p>Cheese Pizza</p> <p>Garden Salad W/ Goldfish</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Salad Hot Veggies</p>
<p><b>8</b></p> <p>Chicken Nuggets with Roll</p> <p>Garden Salad W/ Goldfish</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Brown Rice Hot Veggie</p>	<p><b>9</b></p> <p>Macaroni &amp; Cheese</p> <p>Garden Salad W/ Goldfish</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Bead Stick Hot Veggie</p>	<p><b>10</b></p> <p>Hot Dog on a Roll</p> <p>Garden Salad W/ Goldfish</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Macaroni Salad Hot Veggies</p>	<p><b>11</b></p> <p>Toasted Cheese Sandwich</p> <p>Garden Salad W/ Goldfish</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Broccoli Salad Hot Veggies</p>	<p><b>12</b></p> <p>Cheese Pizza</p> <p>Garden Salad W/ Goldfish</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Salad Hot Veggies</p>
<p><b>15</b></p> <p><b>Managers Choice</b></p>	<p><b>16</b></p> <p><b>Managers Choice</b></p>	<p><b>17</b></p> <p><b>Managers Choice</b></p>	<p><b>18</b></p> <p><b>Managers Choice</b></p>	<p><b>19</b></p>
<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>29</b></p>	<p><b>30</b></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, Lactaid

**Daily Alternate:**  
**PBJ**  
**Uncrustable 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

