



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Early Dismissal Bagged Lunches To Go
4 Chicken Nuggets with Roll FEATURED VEGGIES Steamed Corn Red Pepper Strips	5 Cheeseburger on a Bun FEATURED VEGGIES Potato Wedges Caesar Salad	6 Mini Corn Dogs FEATURED VEGGIES Baked Beans Fresh Cucumber Slices	7 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Cole Slaw	8 Cheese Pizza FEATURED VEGGIES Steamed Green Beans Cherry Tomato
Walking Taco: Nacho cheese Doritos, seasoned ground beef, cheddar cheese, goldfish crackers & fruit				
11 Turkey & Cheese Melt on a Croissant FEATURED VEGGIES Mashed Potatoes Cucumber Slices	12 Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Corn Salsa	13 Asian Sesame Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Carrot Sticks	14 Ham, Egg & Cheese on Pretzel Roll FEATURED VEGGIES Baked Beans Caesar Side Salad	15 Cheese Pizza Crunchers with Dipping Sauce FEATURED VEGGIES Steamed Carrots Broccoli Salad
Breadstick: Garlic breadsticks, pizza sauce, peaches & cheese stick				
18 Chicken Tenders with Buttered Noodles FEATURED VEGGIES Steamed Peas Side Salad	19 	20 French Toast Sticks w/Turkey Sausage FEATURED VEGGIES Hash Browns Broccoli Salad	21 Hot Dog on a Bun FEATURED VEGGIES Potato Wedges Baby Carrots	22 Early Dismissal Bagged Lunches To Go
Super Fruit: Apple Slices, grapes, cheese sticks & Goldfish crackers				
25 	26 Hard Shell Beef Taco w/Salsa FEATURED VEGGIES Steamed Corn Lettuce & Tomato	27 BBQ Pulled Pork Sandwich FEATURED VEGGIES Tater Tots Baby Carrots	28 Chicken Patty on a Bun FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	29 Cheese Pizza FEATURED VEGGIES Steamed Green Beans Cucumber Slices
Make Your Own Pizza: Flatbread, pizza sauce, mozzarella cheese, pepperoni and fruit				



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 1/2 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 chocolate

Daily Alternates

Yogurt Craveable
Peanut Butter & Jelly

Your Team

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Meal Prices

Student Lunch \$0.00
Faculty Lunch \$5.00

