



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 Green Beans Baby Carrots	5 Cheeseburger on a Bun FEATURED VEGGIES Steamed Corn Caesar Salad	6 French Toast Sticks with Turkey Sausage FEATURED VEGGIES Hashbrowns Fresh Cucumber Slices	7 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Tomato Mozzarella Salad	8 Cheese Pizza FEATURED VEGGIES Steamed Peas Cherry Tomato
11 Popcorn Chicken over Brown Rice FEATURED VEGGIES Baked Beans Cucumber Slices	12 BBQ Pulled Pork on a Bun FEATURED VEGGIES Steamed Green Beans Celery Sticks	13 Mini Corn Dogs FEATURED VEGGIES Tater Tots Carrot Sticks	14 Turkey & Cheese Melt on Croissant FEATURED VEGGIES Steamed Corn Caesar Side Salad	15 Cheese Pizza Crunchers with Dipping Sauce FEATURED VEGGIES Steamed Carrots Cucumber Slices
18 Chicken Tenders with Buttered Noodles FEATURED VEGGIES Steamed Mixed Veggies Side Salad	19 	20 Penne Alfredo with Dinner Roll FEATURED VEGGIES Steamed Broccoli Chickpea Salad	21 Pancakes & Sausage FEATURED VEGGIES Breakfast Potatoes Baby Carrots	22 Early Dismissal Bagged Lunches To Go
25 	26 Popcorn Chicken with Dinner Roll FEATURED VEGGIES Steamed Broccoli Sliced Cucumbers	27 Hot Dog on a Bun FEATURED VEGGIES Baked Beans Baby Carrots	28 Chicken Patty on a Bun FEATURED VEGGIES Steamed Carrots Celery Sticks with Ranch	29 Cheese Pizza FEATURED VEGGIES Steamed Green Beans Cucumber Slices



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

