

PARTY PUMPKIN

Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Egg & Cheese Waffle Flatbread Sandwich (V)	Chicken Patty on a Bun	Pepperoni French Bread Pizza
		Breadstick Dipper Craveable (V)	Breadstick Dipper Craveable (V)	Breadstick Dipper Craveable (V)
		FEATURED VEGGIES Hash Brown Fresh Cucumber Slices	FEATURED VEGGIES Steamed Corn Romaine Salad	FEATURED VEGGIES Diced Tomatoes Lemon Parm Broccoli
6	7	8	9	10
Chicken Nuggets with Roll Yogurt Craveable (V)	Macaroni & Cheese (V) Yogurt Craveable (V)	Hot Dog on a Roll Yogurt Craveable (V)	Toasted Cheese Sandwich (V) Yogurt Craveable (V)	NO SCHOOL
FEATURED VEGGIES Oven Fries Steamed Carrots	FEATURED VEGGIES Green Beans Caesar Salad	FEATURED VEGGIES Mashed Potatoes Green Pepper Strips	FEATURED VEGGIES Tomato Soup Corn Salad	
13	14	5	16	17
NO SCHOOL	Chicken & Cheese Quesadilla PB&J Craveable	Asian Sesame Chicken over Rice PB&J Craveable	Hot Ham & Cheese on a Pretzel Roll PB&J Craveable	Cheese Pizza Crunchers with Dipping Sauce (V) PB&J Craveable
	FEATURED VEGGIES Street Corn Salad Salsa	FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Baked Beans Caesar Side Salad	FEATURED VEGGIES Green Beans Cauliflower
20	21	22	23	24
Chicken Nuggets with Roll Super Fruit Craveable (V)	Beef Soft Tacos Super Fruit Craveable (V)	Cheeseburger on a Bun Super Fruit Craveable (V)	Corn Dog Super Fruit Craveable (V)	Pepperoni Pizza Super Fruit Craveable (V)
FEATURED VEGGIES Tater Tots Side Salad	FEATURED VEGGIES Refried Beans Lettuce & Tomato	FEATURED VEGGIES Glazed Carrots Broccoli Salad	FEATURED VEGGIES Curly Fries Celery Sticks	FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad
27	28	29	30	31
Sloppy Joe on Brioche Roll Pizza Craveable	Walking Taco with Pretzel Stick Pizza Craveable	Cheesesteak on a Roll Pizza Craveable	Popcorn Chicken Mash Potato Bowl Pizza Craveable	French Bread Pizza Pizza Craveable
FEATURED VEGGIES Oven Fries Cole Slaw	FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	FEATURED VEGGIES Tater Tots Mixed Vegetables	FEATURED VEGGIES Corn Fresh Broccoli	FEATURED VEGGIES Cherry Tomatoes 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 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, lactose free white, fat-free chocolate

(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

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