



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3 Cheeseburger on a Bun Soft Pretzel Craveable (V) FEATURED VEGGIES Steamed Broccoli Cucumber Slices	4 Hot Dog on a Roll Soft Pretzel Craveable (V) FEATURED VEGGIES Apple Slices Carrot Sticks	5 French Toast Sticks with Sausage Patties Soft Pretzel Craveable (V) FEATURED VEGGIES Tri Patty Taters Carrot Sticks	6 Mac & Cheese (V) Soft Pretzel Craveable (V) FEATURED VEGGIES Stewed Tomatoes Celery Sticks	7 Cheese Pizza (V) Soft Pretzel Craveable (V) FEATURED VEGGIES Steamed Green Beans Baby Carrots	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, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk Daily Alternates Craveables
10 Popcorn Chicken with Roll Breadstick Dipper Craveable (V) FEATURED VEGGIES Mashed Potatoes Baby Carrots	11 Beef & Cheese Quesadilla Breadstick Dipper Craveable (V) FEATURED VEGGIES Refried Beans Tomato Salad	12 Spaghetti w/ Meat Sauce Garlic Bread Breadstick Dipper Craveable (V) FEATURED VEGGIES Side Salad Fresh Cucumber Slices	13 Chicken Patty on a Bun Breadstick Dipper Craveable (V) FEATURED VEGGIES Steamed Corn Romaine Salad	14 Toasted Pepperoni Pizza Flatbread Sandwich Breadstick Dipper Craveable (V) FEATURED VEGGIES Grape Tomatoes Lemon Pepper Broccoli	
17 Chicken Nuggets with Roll Yogurt Craveable (V) FEATURED VEGGIES Oven Fries Steamed Carrots	18 Macaroni & Cheese (V) Yogurt Craveable (V) FEATURED VEGGIES Green Beans Caesar Salad	19 Hot Dog on a Roll Yogurt Craveable (V) FEATURED VEGGIES Baked Beans Green Pepper Strips	20 Holiday Meal Cajun Roasted Turkey w/ dinner Roll Yogurt Craveable (V) FEATURED VEGGIES Mashed Potatoes Green Beans	21 Cheese Pizza Bagel (V) Yogurt Craveable (V) FEATURED VEGGIES Fresh Broccoli Side Salad	
24 Turkey & Cheese Melt on Croissant Walking Taco Craveable FEATURED VEGGIES Diced Potatoes Cucumber	25 Chicken & Cheese Quesadilla Walking Taco Craveable FEATURED VEGGIES Corn Salsa	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	
					(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

Powered by Metz Culinary Management

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