



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Beef Soft Tacos Super Fruit Craveable (V) FEATURED VEGGIES Refried Beans Lettuce & Tomato	3 Cheeseburger on a Bun Super Fruit Craveable (V) FEATURED VEGGIES Glazed Carrots Broccoli Salad	4 Chicken Tenders Super Fruit Craveable (V) FEATURED VEGGIES Fries Celery Sticks	5 Pepperoni Pizza Super Fruit Craveable (V) FEATURED VEGGIES Baby Carrots Corn Salad
8 Sloppy Joe on a Roll Pizza Craveable FEATURED VEGGIES Oven Fries Chickpea Salad	9 Walking Taco with Pretzel Stick Pizza Craveable FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	10 Cheesesteak on a Roll Pizza Craveable FEATURED VEGGIES Tater Tots Mixed Vegetables	11 Popcorn Chicken Mash Potato Bowl Pizza Craveable FEATURED VEGGIES Fresh Broccoli Steamed Corn	12 French Bread Pizza Pizza Craveable FEATURED VEGGIES Cherry Tomatoes Cucumber Slices
15 Cheeseburger on a Bun Soft Pretzel Craveable (V) FEATURED VEGGIES Steamed Broccoli Cucumber Slices	16 Nachos Grande Soft Pretzel Craveable (V) FEATURED VEGGIES Refried Beans Golden Corn	17 Holiday Meal Baked Chicken w/Gravy Soft Pretzel Craveable (V) FEATURED VEGGIES Seasoned Diced Potatoes Glazed Carrots	18 Mac & Cheese (V) Soft Pretzel Craveable (V) FEATURED VEGGIES Stewed Tomatoes Apple Cider Slaw	19 Cheese Pizza (V) Soft Pretzel Craveable (V) FEATURED VEGGIES Steamed Green Beans Baby Carrots
22 Popcorn Chicken with Roll Breadstick Dipper Craveable (V) FEATURED VEGGIES Mashed Potatoes Baby Carrots	23 Beef & Cheese Quesadilla Breadstick Dipper Craveable (V) FEATURED VEGGIES Refried Beans Tossed Salad	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	1 NO SCHOOL	2 NO SCHOOL

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

Choice of Fruit

Choice of Milk

(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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