



**Meet Your Nutritious Friend:**  
**Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> 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.  <b>Choice of Vegetable</b>  <b>Choice of Fruit</b>  <b>Choice of Milk</b>
<b>2</b>  Cheeseburger on a Bun Soft Pretzel Craveable (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Slices	<b>3</b>  Nachos Grande Soft Pretzel Craveable (V)  <b>FEATURED VEGGIES</b> Refried Beans Golden Corn	<b>4</b>  French Toast Sticks with Sausage Patties Soft Pretzel Craveable (V)  <b>FEATURED VEGGIES</b> Tri Patty Taters Carrot Sticks	<b>5</b>  Mac & Cheese (V) Soft Pretzel Craveable (V)  <b>FEATURED VEGGIES</b> Stewed Tomatoes Celery Sticks	<b>6</b>  Cheese Pizza (V) Soft Pretzel Craveable (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Baby Carrots	
<b>9</b>  Popcorn Chicken with Roll Breadstick Dipper Craveable (V)  <b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots	<b>10</b>  Beef & Cheese Quesadilla Breadstick Dipper Craveable (V)  <b>FEATURED VEGGIES</b> Refried Beans Tomato Salad	<b>11</b>  Spaghetti w/Meat Sauce Garlic Bread Breadstick Dipper Craveable (V)  <b>FEATURED VEGGIES</b> Side Salad Fresh Cucumber Slices	<b>12</b>  Chicken Patty on a Bun Breadstick Dipper Craveable (V)  <b>FEATURED VEGGIES</b> Steamed Corn Romaine Salad	<b>13</b>  <b>NO SCHOOL</b>	
<b>16</b>  <b>NO SCHOOL</b>	<b>17</b>  Macaroni & Cheese (V) Yogurt Craveable (V)  <b>FEATURED VEGGIES</b> Green Beans Caesar Salad	<b>18</b>  Hot Dog on a Roll Yogurt Craveable (V)  <b>FEATURED VEGGIES</b> Baked Beans Green Pepper Strips	<b>19</b>  Toasted Cheese Sandwich (V) Yogurt Craveable (V)  <b>FEATURED VEGGIES</b> Tomato Soup Corn Salad	<b>20</b>  Cheese Pizza Bagel (V) Yogurt Craveable (V)  <b>FEATURED VEGGIES</b> Fresh Broccoli Side Salad	
<b>23</b>  Chicken Nuggets with Roll PB&J Craveable  <b>FEATURED VEGGIES</b> Oven Fries Steamed Carrots	<b>24</b>  Chicken & Cheese Quesadilla PB&J Craveable  <b>FEATURED VEGGIES</b> Green Peppers Salsa	<b>25</b>  Asian Sesame Chicken over Brown Rice PB&J Craveable  <b>FEATURED VEGGIES</b> Carrots Steamed Broccoli	<b>26</b>  Hot Ham & Cheese on a Pretzel Roll PB&J Craveable  <b>FEATURED VEGGIES</b> Baked Beans Side Caesar Salad	<b>27</b>  Cheese Pizza Crunchers w/ Marinara PB&J Craveable  <b>FEATURED VEGGIES</b> Green Beans Celery	

**(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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