



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Cheeseburger on a Bun Soft Pretzel Craveable (V) FEATURED VEGGIES Steamed Broccoli Cucumber Slices	3 Nachos Grande Soft Pretzel Craveable (V) FEATURED VEGGIES Refried Beans Golden Corn	4 French Toast Sticks with Sausage Patties Soft Pretzel Craveable (V) FEATURED VEGGIES Tri Patty Taters Carrot Sticks	5 Mac & Cheese (V) Soft Pretzel Craveable (V) FEATURED VEGGIES Stewed Tomatoes Celery Sticks	6 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
9 Popcorn Chicken with Roll Breadstick Dipper Craveable (V) FEATURED VEGGIES Mashed Potatoes Baby Carrots	10 Beef & Cheese Quesadilla Breadstick Dipper Craveable (V) FEATURED VEGGIES Refried Beans Tomato Salad	11 Spaghetti w/Meat Sauce Garlic Bread Breadstick Dipper Craveable (V) FEATURED VEGGIES Side Salad Fresh Cucumber Slices	12 Chicken Patty on a Bun Breadstick Dipper Craveable (V) FEATURED VEGGIES Steamed Corn Romaine Salad	13 NO SCHOOL	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
16 NO SCHOOL	17 Macaroni & Cheese (V) Yogurt Craveable (V) FEATURED VEGGIES Green Beans Caesar Salad	18 Hot Dog on a Roll Yogurt Craveable (V) FEATURED VEGGIES Baked Beans Green Pepper Strips	19 Toasted Cheese Sandwich (V) Yogurt Craveable (V) FEATURED VEGGIES Tomato Soup Corn Salad	20 Cheese Pizza Bagel (V) Yogurt Craveable (V) FEATURED VEGGIES Fresh Broccoli Side Salad	Choice of Vegetable Choice of Fruit Choice of Milk
23 Chicken Nuggets with Roll PB&J Craveable FEATURED VEGGIES Oven Fries Steamed Carrots	24 Chicken & Cheese Quesadilla PB&J Craveable FEATURED VEGGIES Green Peppers Salsa	25 Asian Sesame Chicken over Brown Rice PB&J Craveable FEATURED VEGGIES Carrots Steamed Broccoli	26 Hot Ham & Cheese on a Pretzel Roll PB&J Craveable FEATURED VEGGIES Baked Beans Side Caesar Salad	27 Cheese Pizza Crunchers w/ Marinara PB&J Craveable FEATURED VEGGIES 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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