



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
29	30	31	1	2	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
5	6	7	8	9	
NO SCHOOL	Macaroni & Cheese (V) Yogurt Craveable (V) FEATURED VEGGIES Green Beans Caesar Salad	Hot Dog on a Roll Yogurt Craveable (V) FEATURED VEGGIES Baked Beans Green Pepper Strips	Toasted Cheese Sandwich (V) Yogurt Craveable (V) FEATURED VEGGIES Mashed Potatoes Green Beans	Cheese Pizza Bagel (V) Yogurt Craveable (V) FEATURED VEGGIES Fresh Broccoli Side Salad	
12	13	14	15	16	
Turkey & Cheese on a Croissant PB&J Craveable FEATURED VEGGIES Steamed Corn Diced Potatoes	Chicken & Cheese Quesadilla PB&J Craveable FEATURED VEGGIES Green Peppers Salsa	Asian Sesame Chicken over Brown Rice PB&J Craveable FEATURED VEGGIES Carrots Steamed Broccoli	Hot Ham & Cheese on a Pretzel Roll PB&J Craveable FEATURED VEGGIES Baked Beans Side Caesar Salad	Cheese Pizza Crunchers w/ Marinara PB&J Craveable FEATURED VEGGIES Green Beans Celery	
19	20	21	22	23	
NO SCHOOL	Beef Soft Tacos Super Fruit Craveable FEATURED VEGGIES Refried Beans Lettuce & Tomato	Cheeseburger on a Whole Grain Bun Super Fruit Craveable FEATURED VEGGIES Glazed Carrots Broccoli Salad	Chicken Tenders With Roll Super Fruit Craveable FEATURED VEGGIES Fries Celery Sticks	Pepperoni Pizza Super Fruit Craveable FEATURED VEGGIES Baby Carrots Corn salad	
26	27	28	29	30	
Sloppy Joe on a Wheat Bun Pizza Craveable FEATURED VEGGIES Fries Cole Slaw	Nachos Grande Pizza Craveable FEATURED VEGGIES Mexicali Corn Salsa	Cheesesteak Pizza Craveable FEATURED VEGGIES Tater Tots Mixed Vegetables	Popcorn Chicken Mash Potato Bowl Pizza Craveable FEATURED VEGGIES Corn Broccoli	TBD	

