



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	1 NO SCHOOL	2 NO SCHOOL	Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk A minimum $\frac{1}{2}$ cup serving of fruit or vegetable must accompany a reimbursable lunch.
5 NO SCHOOL	6 Macaroni & Cheese (V) Yogurt Craveable (V) FEATURED VEGGIES Green Beans Caesar Salad	7 Hot Dog on a Roll Yogurt Craveable (V) FEATURED VEGGIES Baked Beans Green Pepper Strips	8 Toasted Cheese Sandwich (V) Yogurt Craveable (V)	9 Cheese Pizza Bagel (V) Yogurt Craveable (V) FEATURED VEGGIES Fresh Broccoli Side Salad	Choice of Vegetable Choice of Fruit Choice of Milk
12 Turkey & Cheese on a Croissant PB&J Craveable FEATURED VEGGIES Steamed Corn Diced Potatoes	13 Chicken & Cheese Quesadilla PB&J Craveable FEATURED VEGGIES Green Peppers Salsa	14 Asian Sesame Chicken over Brown Rice PB&J Craveable FEATURED VEGGIES Carrots Steamed Broccoli	15 Hot Ham & Cheese on a Pretzel Roll PB&J Craveable FEATURED VEGGIES Baked Beans Side Caesar Salad	16 Cheese Pizza Crunchers w/ Marinara PB&J Craveable FEATURED VEGGIES Green Beans Celery	
19 NO SCHOOL	20 Beef Soft Tacos Super Fruit Craveable FEATURED VEGGIES Refried Beans Lettuce & Tomato	21 Cheeseburger on a Whole Grain Bun Super Fruit Craveable FEATURED VEGGIES Glazed Carrots Broccoli Salad	22 Chicken Tenders With Roll Super Fruit Craveable FEATURED VEGGIES Fries Celery Sticks	23 Pepperoni Pizza Super Fruit Craveable FEATURED VEGGIES Baby Carrots Corn salad	
26 Sloppy Joe on a Wheat Bun Pizza Craveable FEATURED VEGGIES Fries Cole Slaw	27 Nachos Grande Pizza Craveable FEATURED VEGGIES Mexicali Corn Salsa	28 Cheesesteak Pizza Craveable FEATURED VEGGIES Tater Tots Mixed Vegetables	29 Popcorn Chicken Mash Potato Bowl Pizza Craveable FEATURED VEGGIES Corn Broccoli	30 TBD	(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
					