



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Nuggets w/Dinner Roll Super Fruit Craveable</p> <p>FEATURED VEGGIES Tater Tots Side Salad</p>	<p>3</p> <p>Beef Soft Tacos Super Fruit Craveable</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>4</p> <p>Cheeseburger on a Whole Grain Bun Super Fruit Craveable</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli</p>	<p>5</p> <p>Chicken Tenders With Roll Super Fruit Craveable</p> <p>FEATURED VEGGIES Fries Celery Sticks</p>	<p>6</p> <p>Cheese Pizza Super Fruit Craveable</p> <p>FEATURED VEGGIES Baby Carrots Corn salad</p>
<p>9</p> <p>Meatball & Cheese Sub Pizza Craveable</p> <p>FEATURED VEGGIES Fries Seasoned Peas</p>	<p>10</p> <p>Walking Taco w/Tostito Rounds Pizza Craveable</p> <p>FEATURED VEGGIES Corn Salsa</p>	<p>11</p> <p>Cheesesteak Pizza Craveable</p> <p>FEATURED VEGGIES Tater Tots Mixed Vegetables</p>	<p>12</p> <p>Popcorn Chicken Mash Potato Bowl Pizza Craveable</p> <p>FEATURED VEGGIES Corn Broccoli</p>	<p>13</p> <p>NO SCHOOL</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>Nachos Grande Soft Pretzel Craveable (V)</p> <p>FEATURED VEGGIES Refried Beans Golden Corn</p>	<p>18</p> <p>French Toast Sticks w/ Sausage Patty Soft Pretzel Craveable (V)</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Carrots</p>	<p>19</p> <p>Mac & Cheese (V) Soft Pretzel Craveable (V)</p> <p>FEATURED VEGGIES Baked Beans Celery Sticks</p>	<p>20</p> <p>Cheese Pizza (V) Soft Pretzel Craveable (V)</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>
<p>23</p> <p>Popcorn Chicken with Roll Breadstick Dipper Craveable (V)</p> <p>FEATURED VEGGIES Crinkle cut Fries Baby Carrots</p>	<p>24</p> <p>Beef & Cheese Quesadilla Breadstick Dipper Craveable (V)</p> <p>FEATURED VEGGIES Refried Beans Tossed Salad</p>	<p>25</p> <p>Spaghetti w/Meat Sauce Garlic Bread Breadstick Dipper Craveable (V)</p> <p>FEATURED VEGGIES Side Salad Fresh Cucumber Slices</p>	<p>26</p> <p>Chicken Patty on a Bun Breadstick Dipper Craveable (V)</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p>	<p>27</p> <p>Toasted Cheese Pizza Flatbread Sandwich Breadstick Dipper Craveable (V)</p> <p>FEATURED VEGGIES Diced Carrots Roasted Broccoli</p>
<p>30</p> <p>Chicken Nuggets with Roll Yogurt Craveable (V)</p> <p>FEATURED VEGGIES Oven Fries Seasoned Sliced Carrots</p>	<p>31</p> <p>Macaroni & Cheese (V) Yogurt Craveable (V)</p> <p>FEATURED VEGGIES Green Beans Caesar Salad</p>			

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

