



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza (V) Soft Pretzel Craveable (V) FEATURED VEGGIES Steamed Green Beans Baby Carrots
4 Popcorn Chicken with Roll Breadstick Dipper Craveable (V) FEATURED VEGGIES Crinkle cut Fries Baby Carrots	5 Beef & Cheese Quesadilla Breadstick Dipper Craveable (V) FEATURED VEGGIES Refried Beans Tossed Salad	6 Spaghetti w/Meat Sauce Garlic Bread Breadstick Dipper Craveable (V) FEATURED VEGGIES Side Salad Fresh Cucumber Slices	7 Chicken Patty on a Bun Breadstick Dipper Craveable (V) FEATURED VEGGIES Steamed Corn Romaine Salad	8 Toasted Pepperoni Pizza Flatbread Sandwich Breadstick Dipper Craveable (V) FEATURED VEGGIES Diced Carrots Roasted Broccoli
11 Chicken Nuggets with Roll Yogurt Craveable (V) FEATURED VEGGIES Oven Fries Seasoned Sliced Carrots	12 Macaroni & Cheese (V) Yogurt Craveable (V) FEATURED VEGGIES Green Beans Caesar Salad	13 Hot Dog on a Roll Yogurt Craveable (V) FEATURED VEGGIES Baked Beans Green Pepper Strips	14 Toasted Cheese Sandwich (V) Yogurt Craveable (V) FEATURED VEGGIES Tomato Soup Diced Carrots	15 Cheese Pizza Bagel (V) Yogurt Craveable (V) FEATURED VEGGIES Fresh Broccoli Side Salad
18 Turkey & Cheese Melt On a Croissant PB&J Craveable FEATURED VEGGIES Tater Tots Side Salad	19 Manager's Choice Manager's Choice Craveable FEATURED VEGGIES TBD	20 Asian Sesame Chicken over Brown Rice PB&J Craveable FEATURED VEGGIES Carrots Steamed Broccoli	21 Manager's Choice PB&J Craveable FEATURED VEGGIES Baked Beans Side Caesar Salad	22 Cheese Pizza Crunchers w/ Marinara PB&J Craveable FEATURED VEGGIES Green Beans Celery
25 NO SCHOOL	26 Beef Soft Tacos Manager's Choice Craveable FEATURED VEGGIES Refried Beans Lettuce & Tomato	27 Manager's Choice Manager's Choice Craveable FEATURED VEGGIES Glazed Carrots Broccoli	28 Chicken Tenders With Roll Manager's Choice Craveable FEATURED VEGGIES Fries Celery Sticks	29 Pepperoni Pizza Manager's Choice Craveable FEATURED VEGGIES Baby Carrots Corn salad

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

Powered by Metz Culinary Management
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