





**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p>1</p> <p>Soft Shell Taco Corn Dog (WG)</p> <p>FEATURED VEGGIES Mexican Street Corn Salad Fresh Cucumber Slices</p>	<p>2</p> <p>Hot Ham and Cheese on a Pretzel Roll Max Stix with Sauce (WG)</p> <p>FEATURED VEGGIES Hash Brown Rounds Fresh Celery Sticks</p>	<p>3</p> <p>Cheese Ravioli with a Breadstick (WG) Cheeseburger on a Roll (WG)</p> <p>FEATURED VEGGIES Steamed Mixed Vegetables Side Garden Salad</p>	<p>4</p> <p>Stuffed Crust Pizza (WG) Chicken Nuggets with a Pretzel Rod (WG)</p> <p>FEATURED VEGGIES Mandarin and Romaine Side Salad Grape Tomatoes</p>	<p>What is a Meal? 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 Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>7</p> <p>Meatball Sub (WG) Chicken Patty on a Roll (WG)</p> <p>FEATURED VEGGIES Glazed Carrots Fresh Pepper Strips</p>	<p>8</p> <p>Chicken Alfredo (WG) Corn Dog (WG)</p> <p>FEATURED VEGGIES Steamed Peas Fresh Cauliflower Florets</p>	<p>9</p> <p>General Tso Chicken with Brown Rice Max Stix with Sauce (WG)</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Cucumber Slices</p>	<p>10</p> <p>BBQ Rib Sandwich (WG) Cheeseburger on a Roll (WG)</p> <p>FEATURED VEGGIES Honey and Cinnamon Sweet Potatoes Fresh Broccoli Florets</p>	<p>11</p> <p>Toasted Cheese Sandwich with Tomato Soup (WG) Chicken Nuggets with a Pretzel Rod (WG)</p> <p>FEATURED VEGGIES Garden Salad Fresh Baby Carrots</p>	
<p>14</p> <p>Popcorn Chicken Bowl with Dinner Roll (WG) Chicken Patty on a Roll (WG)</p> <p>FEATURED VEGGIES Steamed Corn Fresh Celery Sticks</p>	<p>15</p> <p>Walking Taco Corn Dog (WG)</p> <p>FEATURED VEGGIES Mexican Street Corn Grape Tomatoes</p>	<p>16</p> <p>Pulled Pork Sandwich on a Roll (WG) Max Sticks with Sauce (WG)</p> <p>FEATURED VEGGIES Potato Wedges Fresh Pepper Strips</p>	<p>17</p> <p>French Bread Pizza (WG) Cheeseburger on a Roll (WG)</p> <p>FEATURED VEGGIES Steamed Peas Fresh Baby Carrots</p>	<p>18</p> <p>NO SCHOOL</p> 	
<p>21</p> <p>NO SCHOOL</p> 	<p>22</p> <p>Loaded Nachos Beef or Chicken (WG) Corn Dog (WG)</p> <p>FEATURED VEGGIES Corn and Black Bean Salad Fresh Cucumber Slices</p>	<p>23</p> <p>Cowboy Burger on a Roll (WG) Max Sticks with Sauce (WG)</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli Salad</p>	<p>24</p> <p>Chicken Tenders (WG) Cheeseburger on a Roll (WG)</p> <p>FEATURED VEGGIES Curly Fries Apple Cider Slaw</p>	<p>25</p> <p>Mac and Cheese (WG) Chicken Nuggets with a Pretzel Rod (WG)</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Celery Sticks</p>	<p>Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps</p> <p>Craveables - Tuesday and Thursday</p> <p>Week 1 – Yogurt Week 2 – Build Your Own Pizza Week 3 – Super Fruit Week 4 – Yogurt Week 5 – Build Your Own Pizza</p>
<p>28</p> <p>Sloppy Joe on a Roll (WG) Chicken Patty on a Roll (WG)</p> <p>FEATURED VEGGIES Crinkle Cut French Fries Fresh Pepper Strips</p>	<p>29</p> <p>Southwest Chicken Bowl with Brown Rice (WG) Corn Dog (WG)</p> <p>FEATURED VEGGIES Steamed Corn Fresh Baby Carrots</p>	<p>30</p> <p>Cheesesteak on a Roll (WG) Max Sticks with Sauce (WG)</p> <p>FEATURED VEGGIES Steamed Peas Fresh Cauliflower Florets</p>			

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Meal Prices

Student Lunch	\$0.00
Reduced Lunch	\$0.00
Faculty Lunch	\$3.50

