



**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<p>What is a Meal? You 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 1/4 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Cold Vegetables Daily</p> <p><u>Mon:</u> Baby Carrots</p> <p><u>Tue:</u> Cucumbers & Toasty Bean Bites</p> <p><u>Wed:</u> Celery</p> <p><u>Thurs:</u> Veggie Mix</p> <p><u>Fri:</u> Caesar Salad</p> <p>Choice of Fruit Seasonal Fresh Fruits, Canned Fruit in Light Syrup</p> <p>Choice of Milk 1% White & Lactaid</p> <p>Daily Alternates (Uncrustable Meal) Smucker's Peanut Butter & Jelly, Goldfish Crackers and a Cheese Stick. of (Cereal Meal) Assorted Cereals, Goldfish Crackers, Yogurt and a Cheese Stick</p>
			Chicken Patty on w/g Bun	Mozzarella Sticks w/ Marinara Sauce	
			FEATURED VEGGIES French Fries Cupped Fruit	FEATURED VEGGIES Cooked Carrots Fresh Fruit	
6	7	8	9	10	
French Toast Sticks w/ Sausage	Chicken Tacos on w/g Wraps	Meatball Sandwich on w/g Torp	Chicken Nuggets w/ Mac & Cheese	Nardone's Personal Pizza	
FEATURED VEGGIES Hash Brown Fresh Fruit	FEATURED VEGGIES Golden Corn Cupped Fruit	FEATURED VEGGIES Potato Wedges Fresh Fruit	FEATURED VEGGIES Seasoned Green Beans Cupped Fruit	FEATURED VEGGIES Peas & Carrots Fresh Fruit	
13	14	15	16	17	
Breakfast Sandwich, Egg, Cheese & Bacon	Walking Tacos w/ a Churro	Grilled Cheese w/ Tomato Soup	Popcorn Chicken w/ a Corn Muffin	Cheese Quesadilla	
FEATURED VEGGIES Tater Tots Fresh Fruit	FEATURED VEGGIES Golden Corn Cupped Fruit	FEATURED VEGGIES Hash Brown Fresh Fruit	FEATURED VEGGIES Golden Corn Cupped Fruit	FEATURED VEGGIES Mixed Vegetables Fresh Fruit	
20	21	22	23	24	
NO SCHOOL	Chicken Fajita on w/g Wrap	Pasta w/ Meat Sauce and a Bread Stick	Chicken Tenders w/ Waffles & Syrup	Stuffed Bread Sticks w/ Marinara Sauce	
	FEATURED VEGGIES Golden Corn Cupped Fruit	FEATURED VEGGIES Peas Fresh Fruit	FEATURED VEGGIES Tater Tots Cupped Fruit	FEATURED VEGGIES Cooked Carrots Fresh Fruit	
27	28	29	30	31	
Dutch Waffle w/ Sausage	Walking Tacos w/ a Churro	Chicken Cheese Steak on w/g Torp	Chicken Nuggets w/ Mac & Cheese	Nardone's Stuffed Crust Pizza	
FEATURED VEGGIES Hash Brown Fresh Fruit	FEATURED VEGGIES Golden Corn Cupped Fruit	FEATURED VEGGIES French Fries Fresh Fruit	FEATURED VEGGIES Steamed Broccoli Cupped Fruit	FEATURED VEGGIES Peas & Carrots Fresh Fruit	

Your Team
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Meal Prices

Student Lunch	\$3.75
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00

