



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Nardone's 4 by 6 Pizza  FEATURED VEGGIES Cooked Carrots Fresh Fruit	<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum 1/4 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Cold Vegetables Daily</b>  <u>Mon: Toasted Bean</u>  <u>Tues: Cucumbers</u>  <u>Wed: Baby Carrots</u>  <u>Thurs: Celery</u>  <u>Fri: Caesar Salad</u></p> <p><b>Choice of Fruit</b> Seasonal Fresh Fruit Canned Fruit in Light Syrup</p> <p><b>Choice of Milk</b> 1% White</p> <p><b>Daily Alternates</b> (Uncrustable Meal) Smucker's Peanut Butter &amp; Jelly, Goldfish Crackers and a Cheese Stick (Cereal Meal) Assorted Cereals, Goldfish Crackers, Yogurt and a Cheese Stick</p>
4 Dutch Waffle w/ Sausage  FEATURED VEGGIES Hash Brown Fresh Fruit	5 Assorted Pizza  FEATURED VEGGIES Steamed Broccoli Cupped Fruit	6 NO  SCHOOL	7 NO  SCHOOL	8 NO  SCHOOL	
11 Pancake Sandwich Egg, Cheese & Bacon  FEATURED VEGGIES Tater Tots Fresh Fruit	12 Nachos & Cheese  FEATURED VEGGIES Cooked Carrots Cupped Fruit	13 Cheeseburger  FEATURED VEGGIES French Fries Fresh Fruit	14 Thanksgiving Dinner Turkey & Stuffing and Corn Bread  FEATURED VEGGIES Mashed Potatoes & Corn Cupped Fruit	15 Mozzarella Sticks w/ Marinara Sauce  FEATURED VEGGIES Steamed Broccoli Fresh Fruit	
18 French Toast Sticks w/ Sausage  FEATURED VEGGIES Hash Brown Fresh Fruit	19 Walking Taco w/ Churro  FEATURED VEGGIES Steamed Corn Cupped Fruit	20 Chicken Wings w/ w/g Dinner Roll  FEATURED VEGGIES Steamed Peas Fresh Fruit	21 Chicken Nuggets w/ Mac & Cheese  FEATURED VEGGIES Seasoned Green Beans Cupped Fruit	22 Nardone's Stuffed  FEATURED VEGGIES Cooked Carrots Fresh Fruit	
25 1/2 Day ONLY BREAKFAST Served	26 1/2 Day ONLY BREAKFAST Served	27 1/2 Day ONLY BREAKFAST Served	28 NO  SCHOOL	29 NO  SCHOOL	
<b>Your Team</b> Kristine Colo, Food Service Director 858.224.4900 ext. 2128 <a href="mailto:ma1535@metzcorp.com">ma1535@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast \$3.75 Reduced Breakfast \$0.00 Faculty Breakfast \$5.00		