



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29	30	31	1	2	
5	6	7	8	9	<p>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>
Chicken & Mashed Potato Bowl with Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Steamed Corn	Chicken & Cheese Quesadilla Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Glazed Carrots Salsa	Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	Hot Turkey & Cheese on a Pretzel Bun Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Baked Beans Mandarin Spring Salad	Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad	<p>Choice of Vegetable Hot vegetable, seasonal fresh vegetables, Veggie Patch</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 chocolate, fat-free strawberry</p>
12 Toasted Cheese Sandwich (V) Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tomato Soup Green Beans	13 Beef Soft Tacos Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Refried Beans Lettuce & Tomato	14 Chicken Patty on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tater Tots Baby Carrots	15 Cheeseburger on a Bun Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Carrot Coins Broccoli Bites	16 Cheesy Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad	
19 SCHOOL CLOSED	20 Walking Taco with Pretzel Stick Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	21 Cheesesteak on a Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Oven Baked Fries Ranchero Carrots	22 Chicken Alfredo over Penne Pasta with Garlic Bread Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	23 Pepperoni Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	<p>Daily Alternates ½ Cheese & Yogurt Meal with Goldfish Crackers Melted Cheese Sandwich Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers Craveables Weekly Cold Cut Sandwiches & Wraps</p>
26 Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Cucumber Slices	27 Nachos Grande Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Latin-Inspired Beans Golden Corn	28 French Toast Sticks with Sausage Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tri Patty Tater Celery Sticks	29 Chicken Tenders with a Dinner Roll Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Mashed Potatoes Broccoli Bites	30 Cheesy Pizza (V) Tuna Salad Italian Hoagie FEATURED VEGGIES Steamed Green Beans Baby Carrots	

Your Team

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Meal Prices

Student Lunch \$3.65
Reduced Lunch \$0.00
Faculty Lunch \$5.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



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29	30	31	1	2	
5	6	7	8	9	
Popcorn Chicken Mashed Potatoes Cupped Fruit of the Day 1% Milk	Chicken & Cheese Quesadilla Glazed Carrots Cupped Fruit of the Day 1% Milk	Cheeseburger on a Bun Steamed Broccoli Cupped Fruit of the Day 1% Milk	Hot Turkey & Cheese on a Pretzel Bun Baked Beans Cupped Fruit of the Day 1% Milk	Cheese Pizza Oven Roasted Zucchini Cupped Fruit of the Day 1% Milk	
12	13	14	15	16	
Toasted Cheese Sandwich (V) Tomato Soup Cupped Fruit of the Day 1% Milk	Beef Soft Tacos Refried Beans Cupped Fruit of the Day 1% Milk	Chicken Patty on a Bun Tater Tots Cupped Fruit of the Day 1% Milk	Cheeseburger on a Bun Carrot Coins Cupped Fruit of the Day 1% Milk	Cheesy Pizza Oven Browned Sweet Potato Cupped Fruit of the Day 1% Milk	
	20	21	22	23	
	Walking Taco Mexicali Corn Cupped Fruit of the Day 1% Milk	Cheesesteak on a Roll Oven Baked Fries Cupped Fruit of the Day 1% Milk	Chicken Alfredo over Penne Pasta with Garlic Bread Steamed Broccoli Cupped Fruit of the Day 1% Milk	Pepperoni Pizza Cucumber Slices Cupped Fruit of the Day 1% Milk	
26	27	28	29	30	
Cheeseburger on a Bun Steamed Broccoli Cupped Fruit of the Day 1% Milk	Nachos Grande Golden Corn Cupped Fruit of the Day 1% Milk	French Toast Sticks with Sausage Tri Patty Tater Cupped Fruit of the Day 1% Milk	Chicken Tenders Mashed Potatoes Cupped Fruit of the Day 1% Milk	Cheesy Pizza (V) Baby Carrots Cupped Fruit of the Day 1% Milk	
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