



Fresh Eats

CAFETERIA

Senior Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty Sandwich Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice	2 No School	3 No School
		6 No School	7 Grilled 3 Cheese Panini Tater Tots Fresh Vegetable 100% Fruit Juice	8 Meatball Hoagie Steamed Green Beans Fresh Vegetable Apple Slices
13 Chicken Nuggets Bread Slice Fries Fresh Vegetable Diced Peaches	14 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce	15 Hot Dog BBQ Baked Beans Fresh Vegetable 100% Fruit Juice	16 Hot Turkey Melt on Pretzel Roll Steamed Cauliflower Fresh Vegetable Banana	17 Pierogies Bread Slice Tater Tots Fresh Vegetable Mixed Fruit
20 Beef Tacos Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	21 Corn Dog Fries Fresh Vegetable Apple Slices	22 Spaghetti & Meatballs Garlic toast Steamed Green Beans Fresh Vegetable Banana & Pudding "Dirt" Cup 	23 Walking Taco Steamed Carrots Fresh Vegetable Mixed Fruit	24 Cheese Pizza Steamed Broccoli Fresh Vegetable Diced Pears
27 Cheeseburger BBQ Baked Beans Fresh Vegetable Diced Peaches	28 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce	29 Macaroni & Cheese Garlic Toast Steamed Carrots 100% Fruit Juice	30 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Banana	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings