



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheeseburger Turkey & Cheese Sandwich Cereal Meal FEATURED VEGGIES Baked Beans
4 Chicken Nuggets with Roll Ham & Cheese Wrap Uncrustable Meal FEATURED VEGGIES Carrots	5 Chicken Twin Tacos Ham & Cheese Wrap Cereal Meal FEATURED VEGGIES Corn	6 Pizza Ham & Cheese Wrap Uncrustable Meal FEATURED VEGGIES Peas	7 Cheeseburger Ham & Cheese Wrap Cereal Meal FEATURED VEGGIES Baked Beans	8 Bacon, Egg, & Cheese on a Bagel Ham & Cheese Wrap Uncrustable Meal FEATURED VEGGIES Green Beans
11 Mozzarella Sticks Buffalo Chicken Wrap Cereal Meal FEATURED VEGGIES Green Beans	12 Walking Taco Buffalo Chicken Wrap Uncrustable Meal FEATURED VEGGIES Corn	13 Pizza Buffalo Chicken Wrap Cereal Meal FEATURED VEGGIES Broccoli	14 Cheeseburger Buffalo Chicken Wrap Uncrustable Meal FEATURED VEGGIES Peas	15 Pizza Crunchers Buffalo Chicken Wrap Cereal Meal FEATURED VEGGIES Mixed Veggies
18 Chicken Patty Sandwich Ham & Cheese Sandwich Uncrustable Meal FEATURED VEGGIES French Fries	19 Chicken Twin Tacos Ham & Cheese Sandwich Cereal Meal FEATURED VEGGIES Corn	20 Pizza Ham & Cheese Sandwich Uncrustable Meal FEATURED VEGGIES Glazed Carrots	21 Cheeseburger Ham & Cheese Sandwich Cereal Meal FEATURED VEGGIES Baked Beans	22 BAGGED LUNCH
25 SCHOOL CLOSED	26 Chicken & Cheese Quesadilla Turkey & Cheese Wrap Uncrustable Meal FEATURED VEGGIES Corn	27 Pizza Turkey & Cheese Wrap Cereal Meal FEATURED VEGGIES Green Beans	28 Cheeseburger Turkey & Cheese Wrap Uncrustable Meal FEATURED VEGGIES Mixed Veggies	29 Mini Corn Dogs Turkey & Cheese Wrap Cereal Meal FEATURED VEGGIES Carrots

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

fat-free white

Your Team

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Meal Prices

Student Lunch \$3.60
Reduced Lunch \$0.00

