



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.
2 Popcorn Chicken with Roll FEATURED VEGGIES Mashed Potatoes	3 Chicken & Cheese Quesadilla FEATURED VEGGIES Golden Corn	4 Hotdog on a Roll FEATURED VEGGIES Baked Beans	5 Chicken Patty on a Bun FEATURED VEGGIES Broccoli	6 Stuffed Crust Pizza FEATURED VEGGIES Roasted Zucchini	
9 Chicken Nuggets with Roll FEATURED VEGGIES Oven Fries	10 Walking Tacos FEATURED VEGGIES Golden Corn	11 Chicken Cheesesteak FEATURED VEGGIES Mixed Veggie	12 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup	13 Early Dismissal French Toast Sticks w/ Syrup FEATURED VEGGIES Tri Tatar Hash Browns	
16 No School FEATURED VEGGIES	17 Chicken & Cheese Quesadilla FEATURED VEGGIES Golden Corn	18 Fish Nuggets w/ Dinner Roll FEATURED VEGGIES Steamed Broccoli	19 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Baked Beans	20 Cheese Pizza Crunchers with Dipping Sauce FEATURED VEGGIES Sidewinder fries	
23 Chicken Nuggets with Roll FEATURED VEGGIES Tater Tots	24 Beef Soft Tacos FEATURED VEGGIES Golden Corn	25 Cheeseburger on a Bun FEATURED VEGGIES Glazed Carrots	26 Corn Dog FEATURED VEGGIES Curly Fries	27 Stuffed Crust Pizza FEATURED VEGGIES Sweet Potato Fries	
					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 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
					Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps

Your Team

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Meal Prices

Student Lunch	\$2.15
Reduced Lunch	\$0.00
Faculty Lunch	\$4.85



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