


Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank the heroes who serve your food in the cafeteria.</p>				<p>1</p> <p>Italian Dunkers w/Pizza Sauce</p> <p>Peas</p>
<p>4</p> <p>Popcorn Chicken w/Sliced Bread</p> <p>Green Beans</p>	<p>5</p> <p>Beef & Cheese Nachos</p> <p>Seasoned Refried Beans</p>	<p>6</p> <p>Corn Dog Nuggets</p> <p>Broccoli</p>	<p>7</p> <p>BBQ Rib on a Bun</p> <p>Corn</p>	<p>8</p> <p>Hot Dog on a Bun</p> <p>Carrots</p>
<p>11</p> <p>Sweet & Sour Popcorn Chicken over Rice</p> <p>Broccoli</p>	<p>12</p> <p>Pancakes w/Sausage Patties</p> <p>Seasoned Breakfast Potatoes</p>	<p>13</p> <p>Mac n Cheese w/Garlic Toast</p> <p>Mixed Veggies</p>	<p>14</p> <p>Beef & Cheese Walking Taco w/Sliced Bread</p> <p>Corn</p>	<p>15</p> <p>French Bread Pizza</p> <p>Carrots</p>
<p>18</p> <p>Hot Dog on a Bun</p> <p>BBQ Bacon Baked Bean</p>	<p>19</p> <p>Salisbury Steak & Gravy w/Sliced Bread</p> <p>Mashed Potatoes w/Gravy</p>	<p>20</p> <p>Chicken Patty on a Bun</p> <p>Green Beans</p>	<p>21</p> <p>Chicken Fajita Dip</p> <p>Seasoned Refried Beans</p>	<p>22</p> <p>Fiestada Pizza</p> <p>Broccoli</p>
<p>25</p>  <p>MEMORIAL DAY NO SCHOOL</p>	<p>26</p> <p>Cheeseburger on a Bun</p> <p>Potato Salad</p>	<p>27</p> <p>Chicken Nuggets w/Sliced Bread</p> <p>Carrots</p>	<p>28</p> <p>Spicy Chicken Patty on a Bun</p> <p>Green Beans</p>	<p>29</p> <p>Bosco Sticks w/Pizza Sauce</p> <p>Corn</p>

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

ALTERNATE MENU OPTIONS

Breaded Chicken Patty Sandwich
 Hot Dog on a Bun
 Cheeseburger
 Grilled Chicken Sandwich
 Cheese Pizza
 Pepperoni Pizza
 Chef's Salad w/Ham & Turkey