



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 GF Pizza FEATURED VEGGIES Peas Corn
4 Hot Dog GF Roll FEATURED VEGGIES Fries Green Peppers	5 Beef & Cheddar Nachos (Grande) FEATURED VEGGIES Baked Beans Carrots	6 Toasted Cheese Sandwich GF Bread FEATURED VEGGIES Tomato Soup Corn	7 Chicken Parm Sandwich Gf Roll FEATURED VEGGIES Green Beans Celery	8 GF Pizza FEATURED VEGGIES Peas Caesar Side Salad
11 Grilled Chicken Sandwich GF Roll FEATURED VEGGIES Mashed Potatoes Baked Beans	12 Grilled Chicken Salad w/ GF Roll FEATURED VEGGIES Corn Green Beans	13 GF Pasta & Meat Sauce FEATURED VEGGIES Steamed Broccoli Carrot Sticks	14 Ham & Cheese GF Roll FEATURED VEGGIES Baked Beans Caesar Side Salad	15 GF Pizza FEATURED VEGGIES Corn Fresh Broccoli
18 Cheeseburger GF Roll FEATURED VEGGIES Baked Beans Cucumber Slices	19 Chef Salad with GF Roll FEATURED VEGGIES Corn Carrots	20 Sausage, Egg & Cheese GF Roll FEATURED VEGGIES Green Beans Tomatoes	21 Cheeseburger Tots (Beef & Cheddar Tots) FEATURED VEGGIES Tots Baked Beans	22 Ham & Cheese GF Roll FEATURED VEGGIES Peas Side Salad
25 <u>No School Memorial Day</u>	26 <u>Chef's Choice</u>	27 <u>Chef's Choice</u>	28 <u>Chef's Choice</u>	29 <u>Chef's Choice</u> Have a Great Summer!!

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.

Choice of Vegetable May Include:

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

Choice of Fruit May Include:

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

Choice of Milk May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week

Craveables

Weekly Cold Cut Sandwiches & Wraps

Your Team
Bob DuFour--Food Service Director
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Meal Prices
Student Lunch \$2.95
Reduced Lunch \$.40

