



**Meet Your Nutritious Friend:
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
CRAVEABLES 1 ST -2 ND PIZZA 5 TH -9 TH SOFT PRETZEL 12 TH -16 TH HAM & CHEESE	19 TH -23 RD WALKING TACO 27 TH -30 TH BREADSTICK		1 Pasta w/ Meatballs & Roll FEATURED VEGGIES Buttered Peas Italian Side Salad	2 Walking Taco FEATURED VEGGIES Seasoned Rice Buttered Corn	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 1% white or fat-free chocolate Daily Alternates Fresh Chef Salad Craveable of the Week Chicken Nuggets w/ Dinner Roll (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
5 BBQ Ribby Sandwich FEATURED VEGGIES French Fries Honey Glazed Carrots	6 Buffalo Chicken Dip w/ Tortilla Chips FEATURED VEGGIES Cheesy Broccoli Garbanzo Bean Salad	7 French Toast Stick w/ Sausage FEATURED VEGGIES Tater Tots Mixed Vegetables	8 Cheese Stuffed Pizza FEATURED VEGGIES Seasoned Peas Carrot & Raisin Salad	9 Chicken Sandwich FEATURED VEGGIES Buttered Parsley Potatoes Seasoned Green Beans	
12 Meatball Sub Sandwich FEATURED VEGGIES Pasta Salad BBQ Baked Beans	13 Cheeseburger FEATURED VEGGIES French Fries Seasoned Broccoli	14 Nacho Grande FEATURED VEGGIES Buttered Corn Seasoned Rice	15 Macaroni N' Cheese w/ Roll FEATURED VEGGIES Mixed Vegetables Side Salad	16 Chicken N' Gravy over Honey Wheat Biscuits FEATURED VEGGIES Buttered Green Beans Red Pepper Strips	
19 Cheese Stuffed Pizza FEATURED VEGGIES French Fries Ranchero Carrots	20 Popcorn Chicken Mashed Potato Bowl w/ Roll FEATURED VEGGIES Mashed Potatoes & Gravy Seasoned Corn	21 Beef Taco FEATURED VEGGIES Seasoned Rice Black Bean & Corn Salad	22 Buffalo Chicken over Mac N' Cheese FEATURED VEGGIES Cheesy Broccoli Buttered Green Beans	23 Jazzed Up Fries FEATURED VEGGIES Buttered Peas Coleslaw	
26 NO SCHOOL	27 Cheeseburger FEATURED VEGGIES Seasoned Broccoli French Fries	28 Popcorn Chicken N' Fry Basket FEATURED VEGGIES Pasta Salad Sliced Cucumbers	29 Pasta w/ Meatsauce FEATURED VEGGIES Italian Side Salad Mixed Vegetables	30 Tot Chos w/ Taco Meat & Cheese Sauce over Tots FEATURED VEGGIES Buttered Noodles Garbanzo Bean Salad	

Your Team
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Meal Prices

Student Lunch	\$0.00
Reduced Lunch	\$0.00
Faculty Lunch	\$4.75



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.