



**Meet Your Nutritious Friends:  
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 NO SCHOOL	3 Beef Taco Chicken Tenders w/ Roll  <b>FEATURED VEGGIES</b> Tater Tots Garbanzo Bean Salad	4 Hot Ham & Cheese Sandwich BBQ Ribby Sandwich  <b>FEATURED VEGGIES</b> Wedge Fries Pepper Strips	5 WG Pasta & Meatballs w/ Breadstick Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Mixed Vegetables Cucumber Slices	6 Popcorn Chicken Mashed Potato Bowl w/ Roll Cheese Pizza  <b>FEATURED VEGGIES</b> Mashed Potatoes & Gravy Buttered Corn	<b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price. u  - 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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white or chocolate
9 Meatball Sub on a WG Hoagie Bun Chicken Nuggets with Roll  <b>FEATURED VEGGIES</b> Parsley Buttered Potatoes Side Salad	10 Popcorn Chicken w/ Roll Nacho Grande w/ Tortilla Chips  <b>FEATURED VEGGIES</b> Seasoned Rice Baby Carrots	11 Cheeseburger on WG Bun Popcorn Chicken Mashed Potato Bowl w/ Roll  <b>FEATURED VEGGIES</b> Broccoli & Cheese French Fries	12 Jazzed Up Fries WG Pasta & Meatballs w/ Breadstick  <b>FEATURED VEGGIES</b> Glazed Carrots Black Bean Corn Salad	13 Chicken Patty Sandwich Bacon Cheddar Pierogies w/ Roll  <b>FEATURED VEGGIES</b> Buttered Corn BBQ Baked Beans	<b>Daily Alternates</b> Fresh Chef Salad Chicken Nuggets with WG Roll Craveable of the Week
16 Bacon Cheddar Pierogies w/ Roll Jazzed Up Fries  <b>FEATURED VEGGIES</b> Mixed Vegetables Red Pepper Strips	17 Nacho Grande w/ Tortilla Chips Walking Taco  <b>FEATURED VEGGIES</b> Seasoned Rice Baby Carrots	18 Corndog Hot Dog on WG Bun  <b>FEATURED VEGGIES</b> Buttered Peas French Fries	19 Chicken Tenders w/ Roll Roasted Chicken & Gravy w/ Roll  <b>FEATURED VEGGIES</b> Hashbrown Chickpea Salad	20 Roasted Chicken & Gravy over Biscuit Chicken Patty on a Bun  <b>FEATURED VEGGIES</b> Seasoned Green Beans Honey Cinnamon Sweet Potatoes	
23 Turkey & Provolone Sub Sandwich Chicken Nuggets w/ Roll  <b>FEATURED VEGGIES</b> Mixed Vegetables Pasta Salad	24 Hot Turkey & Gravy Sandwich Chicken Nuggets w/ Roll  <b>FEATURED VEGGIES</b> Mashed Potatoes & Gravy Buttered Corn	25 Toasted 3 Cheese Sandwich Chicken Nuggets w/ Roll  <b>FEATURED VEGGIES</b> Glazed Carrots Tomato Soup	26 Macaroni & Cheese w/ Roll Chicken Nuggets w/ Roll  <b>FEATURED VEGGIES</b> Seasoned Green Beans Broccoli Salad	27 Walking Taco Chicken Nuggets w/ Roll  <b>FEATURED VEGGIES</b> Tater Tots Black Bean & Corn Salad	
30 Chicken Patty on a Bun Chicken Nuggets w/ Roll  <b>FEATURED VEGGIES</b> Ranchero Carrots Crispy Fries	Craveable Menu: Week 1 – Breadstick Week 2 – Nacho Week 3 – Ham & Cheese	Week 4 – Yogurt Week 5 – Turkey & Cheese			<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products

**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.