



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli	4 Nachos Grande FEATURED VEGGIES Golden Corn	5 French Toast Sticks with Sausage Patties FEATURED VEGGIES Tri Patty Taters	6 Mac & Cheese FEATURED VEGGIES Stewed Tomatoes	7 Cheese Pizza FEATURED VEGGIES Steamed Green Beans
10 No School	11 No School	12 BBQ Pulled Chicken Sandwich FEATURED VEGGIES Roasted Broccoli	13 Cowboy Burger on a Bun FEATURED VEGGIES Steamed Peas	14 Toasted Pepperoni Pizza Flatbread Sandwich FEATURED VEGGIES Roasted Zucchini
17 Chicken Nuggets with Roll FEATURED VEGGIES Oven Fries	18 Walking Tacos w/ Dinner Roll FEATURED VEGGIES Mexicali Corn	19 Hot Dog on a Roll FEATURED VEGGIES Baked Beans	20 Turkey w/ Gravy Mashed Potato's Stuffing Cranberry Sauce FEATURED VEGGIES Glazed Carrots	21 Cheese Pizza FEATURED VEGGIES Sweet Potato Fries
24 Ham & Cheese Melt on Croissant FEATURED VEGGIES Green Beans	25 Chicken & Cheese Quesadilla FEATURED VEGGIES Golden Corn	26 Early Dismissal Asian Sesame Chicken over Rice FEATURED VEGGIES Steamed Broccoli	27 No School Happy Thanksgiving! A graphic with the words 'Happy Thanksgiving' in a cursive font, surrounded by autumn leaves and pumpkins.	28 No School

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, fat-free chocolate, 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

