



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Corn	Asian Sesame Chicken over Rice FEATURED VEGGIES Steamed Broccoli	Hot Ham & Cheese on Pretzel Roll FEATURED VEGGIES Baked Beans	Cheese Pizza Sticks with Dipping Sauce FEATURED VEGGIES Oven Roasted Zucchini
8	9	10	11	12
Chicken Nuggets with Roll FEATURED VEGGIES Tater Tots	Nachos Grande with Tortilla Chips FEATURED VEGGIES Lettuce & Tomato	Cowboy Burger on a Bun FEATURED VEGGIES Glazed Carrots	Chicken Tenders with Soft Pretzel FEATURED VEGGIES Curly Fries	Pepperoni Pizza FEATURED VEGGIES Oven Brownd Sweet Potato
15	16	17	18	19
Classic Sloppy Joe on Brioche Roll FEATURED VEGGIES Oven Fries	Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn	Cheesesteak on a Roll FEATURED VEGGIES Ranchero Carrots	Meatballs over Penne Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli	Smothered Pierogies FEATURED VEGGIES Cherry Tomatoes Cucumber Slices
22	23	24	25	26
Cheeseburger on a Bun FEATURED VEGGIES Baby Carrots	Beef Soft Tacos FEATURED VEGGIES Golden Corn	French Toast Sticks Sausage Patty FEATURED VEGGIES Tri Patty Taters	Mac & Cheese FEATURED VEGGIES Steamed Tomatoes	Cheesy Pizza Early Dismissal FEATURED VEGGIES Steamed Green Beans
29	30	1	2	3
Chicken & Mashed Potato Bowl with Roll FEATURED VEGGIES Baby Carrots	Nachos Grande over Tortilla Chips FEATURED VEGGIES Golden 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, fat-free white, fat-free chocolate, fat-free vanilla,

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

