




Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Alfredo w/ Garlic Toast Chicken Nuggets w/ Noodles Steamed Broccoli Cinnamon Apples	2 Brunch for Lunch French Toast Sticks w/ Sausage Cheesy Meatball Hoagie Potato Wedges Diced Peaches	3 Grilled Cheese w/ Tomato Soup Chicken Patty on a Bun Seasoned Green Beans Mixed Fruit	4 Cheese or Pepperoni Pizza Hot Dog on a Bun Mixed Vegetables Diced Pears
7 Chicken Cheesesteak Hoagie Cheeseburger on a Bun Mixed Veggies Diced Peaches	8 Beef & Cheese Nachos w/ Rice Chicken Nuggets w/ Noodles Buttered Corn Mandarin Oranges	9 Chicken & Biscuits w/ Gravy Cheesy Meatball Hoagie Creamy Mashed Potatoes Cinnamon Applesauce	10 Corn Dog Nuggets Chicken Patty on a Bun Diced Carrots Mixed Fruit	11 Cheese or Pepperoni Pizza Hot Dog on a Bun Seasoned Green Beans Diced Pears
14 Popcorn Chicken w/ Dipping Sauces Cheeseburger on a Bun Sweet Potato Fries Mixed Fruit	15 Pasta w/ Meatballs & Garlic Bread Stick Chicken Nuggets w/ Noodles Steamed Broccoli Diced Peaches	16 A Day at the Ball Park  Sizzling Hot Dog Ball Park Burger French Fries Apple Slices  Concession Snacks Popcorn OR Soft Pretzel w/ Cheese	17 Italian Dunkers w/ Marinara Sauce Chicken Patty on a Bun Seasoned Green Beans Tropical Fruit Cocktail	18 No School
21 No School	22 BBQ Rib Sandwich Chicken Nuggets w/ Noodles Mixed Vegetables Applesauce 	23 Chicken & Waffles Cheesy Meatball Hoagie Tater Tots Cinnamon Apples	24 Twin Beef Soft Tacos w/ Rice Chicken Patty on a Bun Buttered Corn Pineapple Tidbits	25 Cheese or Pepperoni Pizza Hot Dog on a Bun Diced Carrots Mixed Fruit
28 Cheesy Lasagna Roll Ups Cheeseburger on a Bun Seasoned Green Beans Mandarin Oranges	29 Breaded Pork Patty w/ Stuffing Chicken Nuggets w/ Noodles Mashed Potatoes Applesauce	30 Chicken & Cheese Quesadilla Cheesy Meatball Hoagie Buttered Corn Diced Pears	<h2>Earth Day</h2> <p>Only take the food you'll eat to reduce waste.</p>	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread, and Choice of Milk
*Students must choose at least one fruit or vegetable

MILK OPTIONS

1% White, Fat Free Chocolate

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
Dark Leafy Greens | Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings
Crisp Apple | Sliced Peaches | Mixed Fruit
Fresh Orange | Banana | Pineapple Tidbits
Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Monday: Turkey & Cheese Sandwich | Chicken Caesar Salad

Tuesday: Ham & Cheese Sandwich | Chef Salad

Wednesday: Italian Hoagie | Crispy Chicken Salad

Thursday: Crispy Chicken Wrap | Fruit + Yogurt Parfait

Friday: Nacho Munchable | Garden Salad w/ Egg
Lunch Price: \$2.90