



GREENS & GRAINS

All entrees are served with a variety of fresh fruits,
vegetables and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov 1 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread
Nov 4	Nov 5	Nov 6 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Energy Bowl	Nov 7 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 8 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Chicken Pesto Flatbread
Nov 11 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 12 Taco Salad	Nov 13 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 14 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 15 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread
Nov 18 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 19 Taco Salad	Nov 20 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Energy Bowl	Nov 21 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 22 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Chicken Pesto Flatbread
Nov 25 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Nov 26 Taco Salad	Nov 27	Nov 28	Nov 29

DID YOU KNOW?

Your meal eligibility expires Sept 15. You MUST fill out a new application every school year.

Apply on line for Free/Red Meals at <https://fridley.sdms2.com>, print app from website or go to your school office.

Menu subject to change. USDA is an equal opportunity employer.