



STUDENT MEAL PRICES

Lunch \$2.50 ■ Extra Milk \$.50
Adult Lunch \$3.25



For a complete meal you must select a minimum of three ★'s. At least one ★ must be a ★ Fruit or a ★ Vegetable.

Lunch Includes

ENTRÉE (2 Stars) Choose 1

★ **PROTEIN** & ★ **GRAINS**

★ **VEGETABLES** Choose 1 or 2

- Daily: Fresh Veggie Cup
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

★ **FRUIT** Choose 1

- Fresh Fruit (Seasonal) Applesauce Cup
- Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:
100% Fruit Juice















★ **MILK** Choose 1

- 1% Low Fat White Milk OR
- Non Fat Chocolate Milk

Our meals meet USDA required standards for whole grains, fats, sodium and calories, and provide servings of a variety of healthy fruits and vegetables.



Did you know? There are over 21 million Veterans in the United States.

<p>Arizona Gold 4 Bean & Cheese Burrito</p>  <p>OR</p> <p>Italian Melt Sandwich</p>					<p>Taco Tuesday 5 Turkey & Cheese Taco</p>  <p>OR</p> <p>Chicken & Cheese Taco</p>					<p>Tony's Galaxy 6 Pepperoni Pizza</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>					<p>Baked Ziti 7 NEW!</p> <p>OR</p> <p>Cheese Hot Dog (Turkey)</p>					<p>Teriyaki Chicken Bowl 1 with Fortune Cookie</p>  <p>OR</p> <p>Cheesy Pull Aparts</p>				
<p>THANKS for your SERVICE 11 Veterans Day</p> 					<p>Cheesy Pull Aparts 12</p> <p>OR</p> <p>Chicken Corn Dog</p> 					<p>Wild Mike's 13 Cheese Pizza Wedge</p> 					<p>Teriyaki Chicken Bowl 14 with Fortune Cookie</p>  <p>OR NEW!</p> <p>Pizza Poorboy</p>					<p>Popcorn Chicken 15</p> <p>OR</p> <p>Border Bowl with Tortilla Chips</p> 				
<p>Arizona Gold 18 Bean & Cheese Burrito</p>  <p>OR</p> <p>Italian Melt Sandwich</p>					<p>Taco Tuesday 19 Turkey & Cheese Taco</p>  <p>OR</p> <p>Chicken & Cheese Taco</p>					<p>Tony's Galaxy 20 Pepperoni Pizza</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>					<p>Baked Ziti 21 NEW!</p> <p>OR</p> <p>Cheese Hot Dog (Turkey)</p>					<p>November Birthdays 22 Celebration Day Birthday Cake Cookies</p>  <p>Walking Nachos</p>				
<p>NO SCHOOL 25 THANKSGIVING BREAK</p>					<p>NO SCHOOL 26 THANKSGIVING BREAK</p>					<p>NO SCHOOL 27 THANKSGIVING BREAK</p>					<p>HAPPY THANKSGIVING! 28</p> 					<p>NO SCHOOL 29 THANKSGIVING BREAK</p>				

Menu is subject to change. Notice will be given if possible.

Daily Additional Entrée Choices

Peanut Butter & Jelly Sandwich

Turkey & Cheese OR Turkey-Ham & Cheese Sandwich

Also available on Fridays: Colby Jack Cheese Sticks with Crackers