




This institution is an equal opportunity provider.

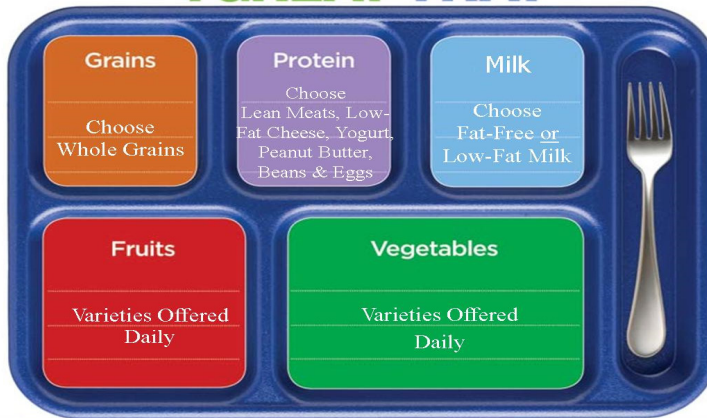
24	25	26	27	28
<b>Chicken Patty Sandwich</b>	<b>Cheese Quesadilla</b> w/ Sour Cream	<b>Chicken Fajitas</b>	<i>*Pepperoni</i> <i>*Cheese</i> <i>Pizza</i> 	<b>HSC's</b>
Shredded Lettuce	Salsa	Seasoned Corn	Side Salad	<b>Best Grilled Cheese</b>
Baby Carrots w/Ranch	Side Salad	Bush's Fiesta Beans	Grape Tomatoes, Dressings	<b>Campbell's</b>
Assorted Chips	Grape Tomatoes, Dressings	Grilled Peppers & Onions	Peach Cup	<b>Tomato Soup</b>
Craisins	Apples Sauce Cup	Pear Cup	100% Fruit Juice	Dill Pickle Spears
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	Fat Free Choc & 1% White Milk	Celery Sticks w/Ranch
Fat Free Choc & 1% White Milk	Fat Free Choc & 1% White Milk	Fat Free Choc & 1% White Milk	Chef Entrée Salad-PB&J Bundle	Oyster Crackers
Chef Entrée Salad-PB&J Bundle	Chef Entrée Salad-PB&J Bundle	Chef Entrée Salad-PB&J Bundle		Fat Free Choc & 1% White Milk
				Chef Entrée Salad-PB&J Bundle
<b>Monday ~ Breakfast</b>	<b>Tuesday ~ Breakfast</b>	<b>Wednesday ~ Breakfast</b>	<b>Thursday ~ Breakfast</b>	<b>Friday ~ Breakfast</b>
Assorted Donut Holes	Tony's Bagel Pizza	Banana Bread	French Toast Sticks w/Syrup	Country Gray Breakfast Pizza
Assorted Cereal K - 12 or	Assorted Cereal K - 12 or	Assorted Cereal K - 12 or	Assorted Cereal K - 12 or	Assorted Cereal K - 12 or
Cocoa Cherry Bar/Cheese Stick or	Cocoa Cherry Bar/Cheese Stick or	Cocoa Cherry Bar/Cheese Stick or	Cocoa Cherry Bar/Cheese Stick or	Cocoa Cherry Bar/CheeseStick or
Assorted Poptarts 2- pack	Assorted Poptarts 2- pack	Assorted Poptarts 2- pack	Assorted Poptarts 2- pack	Assorted Poptarts 2- pack
Fresh Fruit or Fruit Cup Variety	Fresh Fruit or Fruit Cup Variety	Fresh Fruit or Fruit Cup Variety	Fresh Fruit or Fruit Cup Variety	Fresh Fruit or Fruit Cup Variety
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Fat Free Choc & 1% White Milk	Fat Free Choc & 1% White Milk	Fat Free Choc & 1% White Milk	Fat Free Choc & 1% White Milk	Fat Free Choc & 1% White Milk

# What makes a "Meal Deal"?

## 1 GREAT TRAY

A healthy lunch consists of five components:

- Milk**
- Fruit**
- Vegetable**
- Grain**
- Protein**



**Eat Smart! Make choices from all five food groups daily!**

Students are **REQUIRED** to choose 3 of the 5 components with **at least 1 fruit or vegetable to make a lunch.**

Build your meal with at least 3 out of 5 choices!



Remember to use the Share Table when possible.

Build your Lunch: Entree', Vegetable, Fruit and Milk for \$3.25  
Adult Lunch \$4.25

Breakfast served daily at 7:45 am. Menu subject to change.  
Mr. Hinton - Food Service Supervisor - Phone 330-296-2892