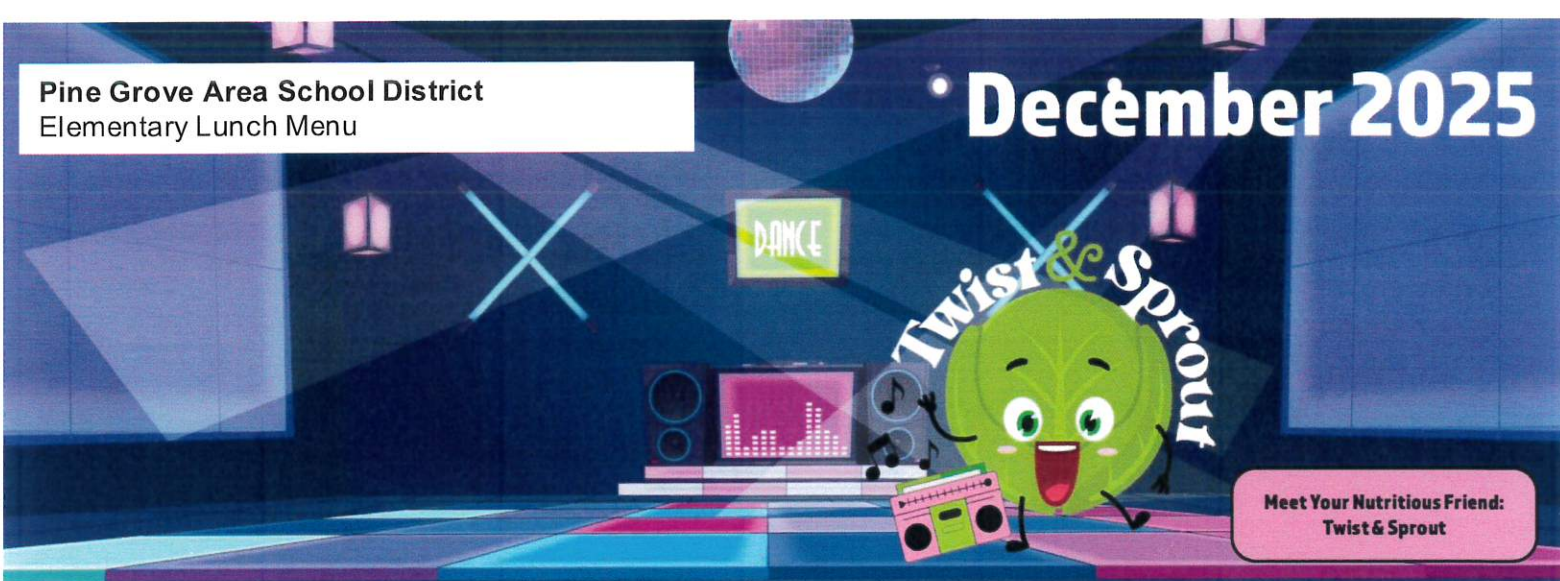




Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Chicken Tenders Or Meat Sandwich FEATURED VEGGIES Au Gratin Potatoes Carrot Sticks	3 Soft Taco Or Meat Sandwich FEATURED VEGGIES Chips Steamed Corn	4 Sloppy Joe on a Roll Or Meat Sandwich FEATURED VEGGIES Tator Tots Fresh Pepper Strips	5 Pizza Or Meat Sandwich FEATURED VEGGIES Fresh Salad Fresh Veggies
8 Popcorn Chicken Or Meat Sandwich FEATURED VEGGIES Oven Fries Chickpea Salad	9 Hot Dog on a Roll Or Meat Sandwich FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	10 Holiday Meal FEATURED VEGGIES	11 s Chicken Pot Pie Or Meat Sandwich FEATURED VEGGIES Steamed Broccoli Celery Sticks w Ranch	12 Pizza Or Meat Sandwich FEATURED VEGGIES Cherry Tomatoes Cucumber Slices
15 Chicken Patty on a Roll Or Meat Sandwich FEATURED VEGGIES Buttered Noodles Fresh Carrots	16 General Tso Chicken Or Meat Sandwich FEATURED VEGGIES Steamed Rice Steamed Broccoli	17 Corn Dog Or Meat Sandwich FEATURED VEGGIES Chips Steamed Corn	18 Chicken Parm Sandwich Or Meat Sandwich FEATURED VEGGIES Ziti Fresh Celery Sticks	19 Pizza Or Meat Sandwich FEATURED VEGGIES Fresh Salad Fresh Veggies
22 Pizza Or Meat Sandwich FEATURED VEGGIES Chips Fresh Veggies	23 No Lunch Early Dismissal	24 No Lunch Christmas Break	25 No Lunch Christmas Break	26 No Lunch Christmas Break
29 No Lunch Christmas Break	30 No Lunch Christmas Break	31 No Lunch Christmas Break		

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, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week

Craveables

Weekly Cold Cut Sandwiches & Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Bernie Kelly, General Manager
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Meal Prices

Student Lunch	\$2.55
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00

