



Meet Your Nutritious Friend:
Cheerleading Cherries

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>2</p> <p>GF Pasta w/ marinara & Mozzarella</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>3</p> <p>GF Nachos Grande</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>4</p> <p>GF Turkey Hot Dog on Bun</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>5</p> <p>GF Soy Garlic Chicken</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>6</p> <p>Baked Pizza on Cauliflower Crust</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> |
| <p>9</p> <p>GF Hot Turkey Sandwich</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>10</p> <p>GF Crispy Chicken Tenders w/ GF Buttered Noodles</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>11</p> <p>GF Cheeseburger</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>12</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>13</p> <p>GF Cheese Pizza Bagels</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> |
| <p>16</p> <p><i>Don't forget!</i> NO SCHOOL ACT 80 DAY</p> | <p>17</p> <p>GF Nachos Grande</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>18</p> <p>GF Turkey Hot Dog on Bun</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>19</p> <p>GF Soy Garlic Chicken</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>20</p> <p>Baked Pizza on Cauliflower Crust</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> |
| <p>23</p> <p>GF Hot Turkey Sandwich</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>24</p> <p>GF Crispy Chicken Tenders w/ GF Buttered Noodles</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>25</p> <p>GF Cheeseburger</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>26</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> | <p>27</p> <p>GF Cheese Pizza Bagels</p> <p>FEATURED FRUIT/VEG Baby Carrots Applesauce Cup</p> |
| | | | | |

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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, 1% Chocolate, 1% Vanilla, 1% Strawberry

Daily Alternates

Weekly Cold Cut Sandwiches
WOW butter & Jelly Jammers
Lactaid & Vanilla Soy products available.

Daily vegetable and Fruit are also available if allergy restrictions do not apply to the individual.

Metz Culinary Management

Brian Beauregard, General Manager
724.214.3235
Brian.Beauregard@basdk12.org

