



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Manwich Sloppy Joe on Bun OR Yogurt & Cheese stick Craveable</p> <p>FEATURED VEGGIES Baked Smile Fries Celery Sticks</p>	<p>3</p> <p>Chicken Corn Dogs OR Yogurt & Cheese stick Craveable</p> <p>FEATURED VEGGIES Steamed Yellow Corn Romaine Lettuce</p>	<p>4</p> <p>Cheesesteak on Roll OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli Grape Tomatoes</p>	<p>5</p> <p>Chicken Alfredo over Penne with garlic Bread OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Carrots Cauliflower Florets</p>	<p>6</p> <p>Big Daddy Pizza OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Green Peas Fresh Cucumber Slices</p>
<p>9</p> <p>Orange Chicken Over Brown Rice OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Steamed Broccoli Baby Carrots</p>	<p>10</p> <p>Nacho Craveable OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Refried Beans Sweet Bell Peppers</p>	<p>11</p> <p>Cheeseburger on Bun OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Baked Waffle Fries Celery Sticks</p>	<p>12</p> <p>Macaroni & Cheese OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Glazed Carrots Grape Tomatoes</p>	<p>13</p> <p>French Bread Pizza OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Steamed Green Beans Cauliflower Florets</p>
<p>16</p> <p><i>Don't forget!</i> NO SCHOOL ACT 80 DAY</p>	<p>17</p> <p>Beef Nachos Grande Or Chicken Corn Dog</p> <p>FEATURED FRUIT/VEG Baked Black Beans Cauliflower Florets</p>	<p>18</p> <p>French Toast Sticks OR Chicken Corn Dog</p> <p>FEATURED FRUIT/VEG Potato Smiles Cucumber Slices</p>	<p>19</p> <p>Cheesy Lasagna Roll ups with breadstick Or Chicken Corn Dog</p> <p>FEATURED FRUIT/VEG Steamed Broccoli Baby Carrots</p>	<p>20</p> <p>Pepperoni Pizza Flatbread Sandwich Chicken Corn Dog</p> <p>FEATURED FRUIT/VEG Roasted Zucchini Sweet Bell Peppers</p>
<p>23</p> <p>Italian Meatballs & Cheese on a Roll Or Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Oven Fries Celery Sticks</p>	<p>24</p> <p>Walking Taco with Pretzel rod Or Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Baked Beans Raw Broccoli Florets</p>	<p>25</p> <p>Pasta, Penne w/ meat sauce Or Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Steamed Garden Peas Grape Tomatoes</p>	<p>26</p> <p>Turkey Hot Dog Or Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Steamed Carrots Cauliflower Florets</p>	<p>27</p> <p>Pepperoni/Cheese Pizza Bagel Or Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Steamed Mixed Veg Cucumber Slices</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

ADJUSTMENTS

Metz Culinary Management

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