



**Meet Your Nutritious Friend:**  
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Garden Salad w/ WG dinner Roll</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>3</p> <p>Pasta with Meatballs and Marinara Sauce</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>4</p> <p>Black Bean Enchilada</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>5</p> <p>Black Bean burger on Bun</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>6</p> <p>Orange Chicken (plant based) over Brown Rice</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>
<p>9</p> <p>Italian Meatball Parm Sub w/ Vegan Cheese and Plant based Meatball</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>10</p> <p>General Tso Plant Based Chicken over Brown Rice</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>11</p> <p>Garden Entrée Salad w/ WG Dinner Roll</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>12</p> <p>Plant Based Nuggets and fries</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>13</p> <p>Cauliflower Pizza w/ Plant based cheese</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>
<p>16</p> <p><i>Don't forget!</i> <b>NO SCHOOL ACT 80 DAY</b></p>	<p>17</p> <p>Pasta with Meatballs and Marinara Sauce</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>18</p> <p>Black Bean Enchilada</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>19</p> <p>Black Bean burger on Bun</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>20</p> <p>Orange Chicken (plant based) over Brown Rice</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>
<p>23</p> <p>Italian Meatball Parm Sub w/ Vegan Cheese and Plant based Meatball</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>24</p> <p>General Tso Plant Based Chicken over Brown Rice</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>25</p> <p>Garden Entrée Salad w/ WG Dinner Roll</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>26</p> <p>Plant Based Nuggets and fries</p> <p><b>FEATURED FRUIT/VEG</b> Baby Carrots Applesauce Cup</p>	<p>27</p> <p>Cauliflower Pizza w/ Plant based cheese</p> <p><b>FEATURED FRUIT/VEG</b> 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 ½ 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

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