



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Asian Sesame Chicken over Rice Or Cheeseburger</p> <p>FEATURED VEGGIES Steamed Broccoli Mandarin Oranges</p>	<p>3</p> <p>Chicken & Cheese Quesadilla Or Cheeseburger</p> <p>FEATURED VEGGIES Refried Beans Diced Pears</p>	<p>4</p> <p>Pancakes with Chicken Sausage Patties Or Cheeseburger</p> <p>FEATURED VEGGIES Baked Tater Tots Pineapple Tidbits</p>	<p>5</p> <p>Warm Ham(turkey) & cheese on Pretzel Roll Or Cheeseburger</p> <p>FEATURED VEGGIES Steamed Garden Peas Diced Peaches</p>	<p>6</p> <p>Cheese Pizza Sticks with Dipping Sauce Or Cheeseburger</p> <p>FEATURED VEGGIES Steamed Green Beans Mixed Fruit Cup</p>
<p>9</p> <p>Chicken Corn Dog Or Yogurt & Cheese Stick Craveable</p> <p>FEATURED VEGGIES Steamed Yellow Corn Mandarin Oranges</p>	<p>10</p> <p>Beef Soft Tacos Or Yogurt & Cheese Stick Craveable</p> <p>FEATURED VEGGIES Refried Beans Diced Pears</p>	<p>11</p> <p>Toasted Grilled Cheese Sandwich Or Yogurt & Cheese Stick Craveable</p> <p>FEATURED VEGGIES Baked Tater Tots Pineapple Tidbits</p>	<p>12</p> <p>Chicken Tenders with Soft Pretzel Or Yogurt & Cheese Stick Craveable</p> <p>FEATURED VEGGIES Country Mashed Potatoes Diced Peaches</p>	<p>13</p> <p>Pepperoni Pizza Or Yogurt & Cheese Stick Craveable</p> <p>FEATURED VEGGIES Oven Browned Sweet Potato Mixed Fruit Cup</p>
<p>16</p> <p>Manwich Sloppy Joe on Bun OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Baked Waffle Fries Celery Sticks</p>	<p>17</p> <p>Walking Taco with Pretzel Stick OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Baked Beans Romaine Lettuce</p>	<p>18</p> <p>Cheesesteak on Roll OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli Grape Tomatoes</p>	<p>19</p> <p>Chicken Alfredo over Penne with garlic Bread OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Carrots Cauliflower Florets</p>	<p>20</p> <p>Tony's Big Daddy Pizza OR Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Green Peas Fresh Cucumber Slices</p>
<p>23</p> <p>Orange Chicken Over Brown Rice OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Steamed Broccoli Baby Carrots</p>	<p>24</p> <p>Nacho Craveable OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Refried Beans Sweet Bell Peppers</p>	<p>25</p> <p>Cheeseburger on Bun OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Baked Tater Tots Celery Sticks</p>	<p>26</p> <p>Macaroni & Cheese OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Glazed Carrots Grape Tomatoes</p>	<p>27</p> <p>French Bread Pizza OR Chicken Nuggets with Pretzel rod</p> <p>FEATURED VEGGIES Steamed Green Beans Cauliflower Florets</p>
<p>30</p> <p><i>Don't forget:</i> NO SCHOOL ACT 80 DAY</p>	<p>31</p> <p><i>Don't forget:</i> NO SCHOOL ACT 80 DAY</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
Cold Cut Sandwich
Turkey & Cheese
WOW butter & Jelly Jammers
Grape or Strawberry

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