



**Meet Your Nutritious Friend:
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken & Mashed Potato Bowl with Roll Hot Ham & Cheese on a Pretzel Bun</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p>	<p>3</p> <p>Hot Dog Nachos Grande with Tortilla Chips</p> <p>FEATURED VEGGIES Baked Beans Tomato Salad</p>	<p>4</p> <p>Cheese Burger Mini Maple Pancakes with Sausage Patties</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices</p>	<p>5</p> <p>Chicken Patty on a Bun Cheese Lasagna with Garlic Breadstick (V)</p> <p>FEATURED VEGGIES Steamed Corn Salad</p>	<p>6</p> <p>Toasted Pizza Flatbread Sandwich Cheese Pizza (V)</p> <p>FEATURED VEGGIES Diced Tomatoes Fresh Broccoli</p>
<p>9</p> <p>Italian Meatballs & Cheese on a Roll Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Oven Fries Red Pepper Strips</p>	<p>10</p> <p>Macaroni & Cheese (V) Walking Taco with Pretzel Stick</p> <p>FEATURED VEGGIES Refried Beans Salad</p>	<p>11</p> <p>Pork BBQ Sandwich Chicken Patty</p> <p>FEATURED VEGGIES Green Beans Green Pepper Strips</p>	<p>12</p> <p>Toasted Cheese Sandwich (V) Buffalo Chicken & Cheese Flatbread</p> <p>FEATURED VEGGIES Tomato Soup Corn</p>	<p>13</p> <p>Half Day</p>
<p>16</p> <p>No School</p>	<p>17</p> <p>Chicken Nuggets with a Roll Nachos Grande</p> <p>FEATURED VEGGIES Bake Beans Salsa</p>	<p>18</p> <p>ASH WEDNESDAY Toasted Cheese Sandwich Pierogies</p> <p>FEATURED VEGGIES Tomato Soup Carrot Sticks</p>	<p>19</p> <p>Hot Ham & Cheese on a Pretzel Roll Chicken Patty</p> <p>FEATURED VEGGIES Baked Beans Salad</p>	<p>20</p> <p>Fish Sticks Cheese Pizza Sticks with Dipping Sauce (V)</p> <p>FEATURED VEGGIES Green Beans Cucumbers</p>
<p>23</p> <p>Toasted Cheese Sandwich (V) Chicken Nuggets with Roll</p> <p>FEATURED VEGGIES Tomato Soup Tater Tots</p>	<p>24</p> <p>French Toast Sticks and Sausage Nachos Grande with Tortilla Chips</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>25</p> <p>Cheese Burger on a Bun <i>Black Bean Burger (V)</i> Chicken Alfredo with Garlic Bread</p> <p>FEATURED VEGGIES Glazed Carrots Broccoli Salad</p>	<p>26</p> <p>Meatball Sub Chicken Tenders with Soft Pretzel</p> <p>FEATURED VEGGIES Fries Cucumbers</p>	<p>27</p> <p>Cheddar Cheese Flatbread Quesadilla (V) Cheese Pizza (V)</p> <p>FEATURED VEGGIES Sweet Potato Corn</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, 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

During Lent (Ash Wednesday Feb 18 and Fridays until Easter) Tuna Fish Sandwich will be the alternate to Cold cuts

(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

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Meal Prices

Student Lunch \$3.50
Reduced Lunch \$0.00
Faculty Lunch \$4.50

