



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Toasted Cheese Sandwich (V) Walking Taco Craveable FEATURED VEGGIES Seasoned Green Beans Tomato Soup	2 Chicken Nachos Ham & Cheese Sandwich FEATURED VEGGIES Mexican Style Beans Seasoned Corn	3 French Toast Sticks with Sausage Link Walking Taco Craveable FEATURED VEGGIES Hash Brown Patty Cucumber Salad	4 Macaroni & Cheese (V) Ham & Cheese Sandwich FEATURED VEGGIES Seasoned Carrots Roasted Peas	5 Pepperoni Pizza Walking Taco Craveable FEATURED VEGGIES Romaine Salad Mixed Veggies
8 Cheeseburger on a Bun Muffin Fun Lunch FEATURED VEGGIES Roasted Carrots Seasoned Green Beans	9 Pancakes with a Sausage Patty Turkey & Cheese Sandwich FEATURED VEGGIES Diced Potatoes Cucumber Salad	10 All Beef Hot Dog Muffin Fun Lunch FEATURED VEGGIES Baked Beans Sweet Corn	11 Chicken Patty on a Bun Turkey & Cheese Sandwich FEATURED VEGGIES Seasoned Broccoli Potato Wedges	12 Cheese Pizza Muffin Fun Lunch FEATURED VEGGIES Caesar Salad Baby Carrots with Dip
15 CHEF'S CHOICE To Be Announced	16 CHEF'S CHOICE To Be Announced	17 CHEF'S CHOICE To Be Announced	18 CHEF'S CHOICE To Be Announced	19 CHEF'S CHOICE To Be Announced
22 CHEF'S CHOICE To Be Announced	23	24  HAVE A GREAT SUMMER!	25	26
29	30			

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

Veggie Patch Daily/ Side Salads with assorted dressings

Choice of Fruit

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

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

Daily Alternates w/Fruit & Veg:

PB & J Uncrustable Meal:
Uncrustable, Cheese Stick, Goldfish Crackers

Craveables w/Fruit & Vegetable:

Walking Taco Craveable: Doritos, Taco Meat, Goldfish Crackers

Nacho Fun Lunch Craveable: Nachos with Cheese, Salsa & Goldfish Crackers

Muffin Fun Lunch Craveable: Muffin with Yogurt, String Cheese & Goldfish

(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

Jacqueline Gallo, RD, SNS
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Meal Prices

Student Lunch	\$3.00
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00



Metz
CULINARY MANAGEMENT
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