







Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>*Free breakfast & lunch available to all students when school is in session</p> <p>*All grains offered are whole grain</p> <p>*All turkey lunch meat & pepperoni served is Halal</p>				<p>1</p> <p>Egg & Cheese Bagel Sandwich (V)</p> <p>FEATURED VEGGIES Tater Triangles</p>	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Meat/Meat Alternative - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable May Include: Dark Green-Spinach, broccoli, romaine salad Red/Orange-Carrots, sweet potatoes, tomatoes, red peppers Beans/Peas-Chick Peas Starchy-White potatoes, corn & lima beans Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans & cabbage</p> <p>Choice of Fruit May Include: Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, & mandarin oranges</p> <p>Choice of Milk 1% white, fat-free white, fat-free chocolate</p> <p>Daily Entrée Options May Include:</p> <ul style="list-style-type: none"> -Turkey Entrée Salad w/ WG Goldfish Crackers 🍌 -Vegetarian Garden Entrée Salad w/WG Goldfish Crackers (V) -Smucker's WG Uncrustables PB&J w/Cheese Stick (V) -String Cheese & Yogurt Combo w/WG Goldfish Crackers (V) -Turkey & Cheese Sandwich 🍌 <p>Options also include milk, fruit & vegetable. *Additional WG dinner roll available upon request</p>
<p>4</p> <p>Non-Attendance Day</p>	<p>5</p> <p>Non-Attendance Day</p>	<p>6</p> <p>Chicken Patty on a WG Bun</p> <p>FEATURED VEGGIES Broccoli</p>	<p>7</p> <p>Chicken Mashed Potato Bowl w/ Scooby Snacks</p> <p>FEATURED VEGGIES Mashed Potatoes Corn</p>	<p>8</p> <p>French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup</p> <p></p> <p>FEATURED VEGGIES Sweet Potato Home Fries</p>	
<p>11</p> <p>Pancake Chicken Sausage Bites w/a Chocolate Chip Mini Loaf</p> <p>FEATURED VEGGIES Hash Brown Patties</p>	<p>12</p> <p>BBQ Boneless Chicken Wings w/a WG Dinner Roll</p> <p>FEATURED VEGGIES Celery & Carrot Stick Cup</p>	<p>13</p> <p>Cheeseburger Mac (Non WG Pasta)</p> <p>FEATURED VEGGIES Cucumbers</p>	<p>14</p> <p>Taco Pizza</p> <p>Domino's Pizza: Connell, Jefferson, McKinley, Erie Intervention, Eagle's Nest</p> <p>FEATURED VEGGIES Romaine Side Salad</p>	<p>15</p> <p>Fish Shapes w/ Chocolate Tiger Bites</p> <p>FEATURED VEGGIES Cauliflower w/ Cheese</p>	
<p>18</p> <p>Chicken Nuggets w/a WG Dinner Roll</p> <p>FEATURED VEGGIES Cucumbers</p>	<p>19</p> <p>Beef Walking Taco w/Tostito Scoops & Heartzels</p> <p>FEATURED VEGGIES Red Pepper Strips</p>	<p>Fall Fest 20</p> <p>Sliced Turkey w/Gravy and a WG Dinner Roll Pumpkin Orange & Lime Frozen Juice Cup</p> <p>FEATURED VEGGIES Mashed Potatoes w/Gravy Corn</p>	<p>21</p> <p>Pancakes w/ Syrup & Pork Sausage Links</p> <p> </p> <p>FEATURED VEGGIES Tater Triangles</p>	<p>22</p> <p>Garlic French Bread Pizza w/ Marinara Sauce Cup (V)</p> <p>FEATURED VEGGIES Celery Sticks</p>	
<p>25</p> <p>Non-Attendance Day</p>	<p>26</p> <p>Non-Attendance Day</p>	<p>27</p> <p>Non-Attendance Day</p>	<p>28</p> <p>No School Thanksgiving Day</p>	<p>29</p> <p>No School</p>	

Jenny Johns Patterson: General Manager
Jean Viglione: Registered Dietitian
Suzanne Robertson: Café Services Manager
Jess Kremer: Executive Chef

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(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
(WG) Whole Grain
🍌 Halal  Contains Pork

