



Meet Your Nutritious Friend:  
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Ripped Ribby on a WG Bun  FEATURED VEGGIES Corn	2 Turkey & Cheese on a WG Bun  FEATURED VEGGIES Manager's Choice	3 Ham & Cheese on a WG Bun  FEATURED VEGGIES Manager's Choice	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Meat/Meat Alternative
- 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 May Include:**

- Dark Green-Spinach, broccoli, romaine salad
- Red/Orange-Carrots, sweet potatoes, tomatoes, red peppers
- Legumes – Beans & chick peas
- Starchy-White potatoes, corn, peas
- Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans




**Choice of Fruit May Include:**

Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, & mandarin oranges

**Choice of Milk**

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

**Daily Entrée Options May Include:**

- Smucker's WG Uncrustable PB&J 
- Cheese or Cheese/Pepp Pizza
- Chicken Patty on a WG Bun
- Milk, fruit & vegetable 
- WG Turkey & Cheese Sandwich 




\*Free breakfast & lunch to all students when school is in session.

\*All grains served are whole grain.  
\*All turkey lunch meat and pepperoni served is Halal.



Jenny Patterson: General Manager  
Jean Viglione: Registered Dietitian  
Suzanne Robertson: Operations Manager  
Jess Kremer: Executive Chef

Lisa Kaschak: Culinary Center Kitchen Manager  
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 Vegetarian  
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (WG) Whole Grain  
 Halal  Contains Pork

