



Meet Your Nutritious Friend:  
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>PTO BBQ</b>	2 Chicken Soft Tacos <b>FEATURED VEGGIES</b> Corn	3 Chicken Patty on a Bun <b>FEATURED VEGGIES</b> Glazed Carrots	4 Hot Dog on a Bun <b>FEATURED VEGGIES</b> Baked Beans	5 Pizza Crunchers <b>FEATURED VEGGIES</b> Garden Salad
8 Turkey and Cheese Hoagies <b>FEATURED VEGGIES</b> Green Beans	9 Mac & Cheese <b>FEATURED VEGGIES</b> Peas	10 ½ Day Egg and Cheese Sandwiches <b>FEATURED VEGGIES</b> Tater Tots	11 ½ Day Cheeseburgers <b>FEATURED VEGGIES</b> Mixed Vegetables	12 ½ Day Pizza Crunchers <b>FEATURED VEGGIES</b> Garden Salad
15 ½ Day Freezer Cleanout Variety of Foods Served	16 ½ Day Freezer Cleanout Variety of Foods Served	17 ½ Day Freezer Cleanout Variety of Foods Served	18 LAST DAY <b>NO LUNCH SERVED</b>	19
22	23	24	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**

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,

**Daily Alternates**

- Fresh Entree Salad of the Week
- PB & J Uncrustables
- Weekly Cold Cut Sandwiches & Wraps
- Cereal Bag
- Bagel Bag

**(V) Vegetarian**

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

**Hainesport School**

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**Meal Prices**

Student Lunch	\$3.25
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00

