



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger FEATURED VEGGIES Tater Tots	3 Chicken Tacos on Soft Tortillas FEATURED VEGGIES Buttered Corn	4 Popcorn Chicken Bites w/Banana Bread FEATURED VEGGIES Steamed Carrots	5 Penne w/Meat Balls Garlic Bread FEATURED VEGGIES Green Beans	6 French Bread Pizza FEATURED VEGGIES Garden Salad
9 Corn Dogs FEATURED VEGGIES Smiley Fries	10 Walking Taco FEATURED VEGGIES Buttered Corn	11 Chicken Tenders Buttermilk Biscuit FEATURED VEGGIES Cheesy Broccoli	12 Mozzarella Sticks w/Marinara Sauce FEATURED VEGGIES Garden Salad	13 OFF
16 OFF	17 Chicken Tacos On Soft Tortillas FEATURED VEGGIES Buttered Corn	18 Chicken Patty Sandwich FEATURED VEGGIES Steamed Carrots	19 Grilled Cheese Sandwiches w/Tomato Soup FEATURED VEGGIES Peas	20 French Bread Pizza FEATURED VEGGIES Garden Salad
23 Cheeseburger FEATURED VEGGIES Baked Beans	24 Walking Tacos FEATURED VEGGIES Buttered Corn	25 Asian Sesame Popcorn Chicken Over Rice FEATURED VEGGIES Peas	26 Pancakes w/Sausage Patty FEATURED VEGGIES Hash Browns	27 Cheesy Breadsticks w/Marinara Sauce FEATURED VEGGIES Garden Salad

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, seasonal fresh vegetables

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

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

Hainesport
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Meal Prices
Student Lunch \$3.25
Reduced Lunch \$0.00
Faculty Lunch \$5.00

