



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Crunchers FEATURED VEGGIES Caesar Salad Broccoli Bites
4 Corn Dogs FEATURED VEGGIES Baked Beans Celery Sticks	5 Cinco de Mayo Walking Tacos FEATURED VEGGIES Corn Red Pepper Strips	6 Homemade Mac & Cheese FEATURED VEGGIES Peas Cucumber Slices	7 Pancakes w/Sausage Patty FEATURED VEGGIES Hash Browns Carrot Sticks	8 French Bread Pizza FEATURED VEGGIES Caesar Salad Broccoli Bites
11 Cowboy Cheeseburger w/Onion Rings and BBQ Sauce FEATURED VEGGIES Baked Beans Baby Carrots	12 Soft Shell Chicken Tacos FEATURED VEGGIES Corn Cucumber Slices	13 Popcorn Chicken w/Dinner Roll FEATURED VEGGIES Mixed Vegetables Red Pepper Strips	14 BBQ Chicken on the Bone FEATURED VEGGIES Mashed Potatoes Green Beans	15 1/2 Day Pizza Crunchers FEATURED VEGGIES Caesar Salad Broccoli Bites
18 Hot Dogs FEATURED VEGGIES Baked Beans Tater Tots	19 Nachos Grande with Tortilla Chips FEATURED VEGGIES Corn Lettuce & Tomato	20 Chicken Tenders w/ Buttermilk Biscuit FEATURED VEGGIES Mixed Vegetables Baby Carrots	21 Chicken Alfredo Over Penne w/Garlic Breadstick FEATURED VEGGIES Peas Red Pepper Strips	22 1/2 Day Pizza Crunchers FEATURED VEGGIES Caesar Salad Broccoli Bites
25 OFF	26 Cheeseburger FEATURED VEGGIES Emoji Fries Cherry Tomatoes	27 Chicken Patty Sandwich FEATURED VEGGIES Corn Baby Carrots	28 Bacon, Egg & Cheese Sandwich w/Sausage Patty FEATURED VEGGIES Hash Browns Hummus	29 French Bread Pizza FEATURED VEGGIES Caesar Salad Broccoli Bites

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 1/2 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
- Cereal Bag
- Bagel Bag
- Weekly Cold Cut Sandwiches & Wraps

(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

