



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Hot Dog on a Roll Peas Applesauce	2 Pizza (V) Carrot Sticks Fresh Fruit	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Whole Grain - Protein - Vegetable - Fruit - 1% White Milk Daily Alternates Sun Butter & Jelly Sandwich
5 Turkey & Cheese Sandwich Cucumber Slices Fresh Fruit	6 Grilled Cheese (V) Tator Tots Apple Slices	7 Beef-a-Roni Grape Tomatoes Mixed Fruit	8 Chicken Patty on a Bun Celery Sticks Applesauce	9 Pizza (V) Carrot Sticks Fresh Fruit	
12 Mixed Cheese Sandwich (V) Cucumber Slices Fresh Fruit	13 Mini Maple Pancakes Sausage Links Apple Slices	14 Pasta with Meat Sauce Steamed Broccoli	15 Chicken Sticks Fresh Garden Salad Applesauce	16 Pizza (V) Carrot Sticks Fresh Fruit	
19 Turkey Ham & Cheese Sandwich Cucumber Slices Fresh Fruit	20 Grilled Cheese (V) Apple Slices French Fries	21 Pizza Crunchers Green Beans Pears	22 Cheeseburger on a Roll Celery Sticks Applesauce	23 Pizza (V) Carrot Sticks Fresh Fruit	
	27 Mini Maple Pancakes Sausage Links Apple Slices	28 Mozzarella Sticks with Marinara Tater Tots Strawberry Cups	29 Chicken Nuggets Fresh Garden Salad Applesauce	30 Pizza (V) Carrot Sticks Fresh Fruit	

Café Contact

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Meal Prices

Paid Student	\$2.90
Free & Reduced	Free
Faculty Lunch	\$5.00

