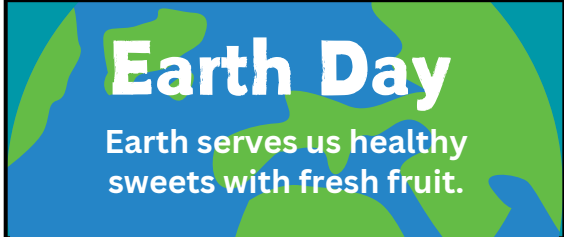



Fresh Eats

CAFETERIA

Director of Food & Nutrition

Angela LaPlante | Phone: 419.260.0094 | Email: evergreenlocal@thenutritiongroup.biz
Libbie O'Connell | Phone: 419.705.3881 | Email: eoconnell@thenutritiongroup.biz

Monday	Tuesday	Wednesday	Thursday	Friday
		1 A. Macaroni and Cheese B. Hot Dog on a Bun C. PB&J French Fries Sidekick Fruit Cup	2 A. Chicken Nuggets and Buttered Noodles B. Ham and Cheese Wrap C. PB&J Steamed Green Bean Cinnamon Applesauce	3 A. Pizza Day B. Hamburger on a Bun C. PB&J Steamed Golden Corn Mandarin Oranges
6 A. Spaghetti and Meatsauce B. Turkey and Cheese Sub C. PB&J Steamed Broccoli Diced Pears	7 A. Walking Taco B. Ham and Cheese Wrap C. PB&J Steamed Corn Salsa and Toppings Diced Peaches	8 A. Bosco Breadsticks B. Chicken Patty on a Bun C. PB&J Steamed Buttered Carrots Mandarin Oranges	9 A. Sweet & Sour Chicken over Rice B. Yogurt Parfait w/Chs Stick C. PB&J Steamed Peas Berry Fruit Cup	10 A. Pizza Day B. Hamburger on a Bun C. PB&J Tater Tots Cinnamon Apples
13 A. Mini Corn Dogs B. Turkey and Cheese Sub C. PB&J Steamed Broccoli Pineapple Tidbits	14 A. French Toast Sticks Sausage Patty B. Munchable Lunch Tray C. PB&J Hashbrown Rounds Diced Peaches	15 A. Lasanga Roll Ups B. Hot Dog on a Bun C. PB&J Green Beans Mandarin Oranges	16 A. Turkey and Mashed Potato Bowl B. Ham and Cheese Sub C. PB&J Steamed Golden Corn Diced Pears	17 A. Pizza Day B. Hamburger on a Bun C. PB&J Steamed Carrots Cinnamon Apples
20 A. BBQ Rib Sandwich B. Corn Dog C. PB&J Seasoned Green Beans Applesauce	21 A. Cheesy Italian Dunkers B. Hot Dog on a Bun C. PB&J Steamed Broccoli Frozen Peach Cup	22 A. Chicken Nuggets B. Pizza Sub C. PB&J Steamed Peas Pineapple Tidbits 	23 A. Viking Popcorn Chicken Bowl B. Ham and Cheese Sub C. PB&J Steamed Golden Corn Diced Pears	24 A. Pizza Day B. Hamburger on a Bun C. PB&J Tater Tots Mandarin Oranges
27 A. Chicken Tenders B. Cheese Quesadilla C. PB&J Steamed Peas Pineapple Tidbits	28 A. Beef and Cheese Nachos B. Munchable Lunch Tray C. PB&J Steamed Corn Diced Pears	29 A. Cheeseburger B. Corn Dog C. PB&J French Fries Berry Fruit Cup	30 A. Bosco Breadsticks B. Chicken Patty on a Bun C. PB&J Steamed Broccoli Mandarin Oranges	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

1% White, Fat Free Chocolate,
 1% Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery | Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Lunch Choice A, B and C are available on each day. Each meal choice is served with featured vegetable and fruit selections or choices from the regular fruit and vegetable bar. They are also available as ala carte entrees.

PRICING: Student Complete Meal: \$3.15
 Student/ Adult Milk: \$1.00 Ala Cart Entree: \$2.75
 Hot Side: \$2.25 Cold Side: \$1.75

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Warm Cinnamon Oatmeal Round Fresh Fruit Bar Milk Choice	2 Breakfast Burrito Fresh Fruit Bar Milk Choice	3 NO SCHOOL GOOD FRIDAY
6 Chicken Patty on a Biscuit Fresh Fruit Bar Milk Choice	7 Pancake Wrap on a Stick Fresh Fruit Bar Milk Choice	8 Banana Berry Smoothie with Granola Fresh Fruit Bar Milk Choice	9 Egg & Cheese McMuffin Fresh Fruit Bar Milk Choice	10 Mini Maple Waffle Fresh Fruit Bar Milk Choice
13 Cheesy Omelet & Belly Bear Crackers Fresh Fruit Bar Milk Choice	14 Fruit and Yogurt Parfait Fresh Fruit Bar Milk Choice	15 Apple Cinnamon Sheet Pan Pancake Fresh Fruit Bar Milk Choice	16 Breakfast Burrito Fresh Fruit Bar Milk Choice	17 Warm Assorted Muffins Fresh Fruit Bar Milk Choice
20 WG French Toast Sticks Fresh Fruit Bar Milk Choice	21 Egg McMuffin Sausage and Cheese Fresh Fruit Bar Milk Choice	22 Pancake Wrap on a Stick Fresh Fruit Bar Milk Choice 	23 Chicken Patty on a Biscuit Fresh Fruit Bar Milk Choice	24 Cheesy Omelet & Belly Bear Crackers Fresh Fruit Bar Milk Choice
27 Warm Cinnamon Oatmeal Round Fresh Fruit Bar Milk Choice	28 Chef's Choice Hot Breakfast Fresh Fruit Bar Milk Choice	29 WG French Toast Sticks Fresh Fruit Bar Milk Choice	30 Breakfast Burrito Fresh Fruit Bar Milk Choice	

WHAT MAKES A BREAKFAST?
 You must choose at least 3 of the 4 components
 Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.
 Choice of 2 fruits and Choice of low-fat milk.
 *½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS
 1% White, Fat Free Chocolate,
 1% Strawberry

FRUIT OPTIONS
 May choose 2 - ½ cup servings
 Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS
 Cereal or another Breakfast Choice will be offered alongside the main menu entree.

PRICING: Student Complete Meal: \$3.15
 Student/ Adult Milk: \$1.00 Ala Cart Entree: \$2.75
 Hot Side: \$2.25 Cold Side: \$1.75

