



Meet Your Nutritious Friend:  
**Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Waffles with Turkey Sausage</p> <p>Nugget Dipper</p> <p>Chicken Salad Sand</p> <p><b>FEATURED VEGGIES</b> Hashbrowns Chickpea Salad</p>	<p><b>3</b></p> <p>Walking Taco with Pretzel Stick</p> <p>Nugget Dipper</p> <p>Chicken Salad Sand</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn Baby Carrots</p>	<p><b>4</b></p> <p>Meatball Sub</p> <p>Nugget Dipper</p> <p>Chicken Salad Sand</p> <p><b>FEATURED VEGGIES</b> Ranchero Carrots Celery Sticks w/ Ranch</p>	<p><b>5</b></p> <p>Chicken Alfredo with Garlic Breadstick</p> <p>Nugget Dipper</p> <p>Chicken Salad Sand</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozz Salad</p>	<p><b>6</b></p> <p>Cheese Pizza (V)</p> <p>Nugget Dipper</p> <p>Chicken Salad Sand</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Cherry Tomatoes</p>
<p><b>9</b></p> <p>Buffalo Chicken Dip with Tortilla Chips</p> <p>Italian Craveable</p> <p>Crispy Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Seasoned Corn Cucumber Slices</p>	<p><b>10</b></p> <p>Nachos Grande</p> <p>Italian Craveable</p> <p>Crispy Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Black Beans Tossed Salad</p>	<p><b>11</b></p> <p>French Toast Sticks with Turkey Sausage Patties</p> <p>Italian Craveable</p> <p>Crispy Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Tri Patty Taters Chickpea Salad</p>	<p><b>12</b></p> <p>Macaroni &amp; Cheese (V)</p> <p>Italian Craveable</p> <p>Crispy Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Cole Slaw</p>	<p><b>13</b></p> <p><b>Early Dismissal</b></p> <p>Muffin &amp; Yogurt Craveable</p>
<p><b>16</b></p> <p>Popcorn Chicken with Roll</p> <p>Pizza Craveable</p> <p>Blueberry Parfait</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots</p>	<p> <b>17</b></p> <p>Beef &amp; Cheese Quesadilla</p> <p>Pizza Craveable</p> <p>Blueberry Parfait</p> <p><b>FEATURED VEGGIES</b> Ranch Refried Beans Tomato Salad</p>	<p><b>18</b></p> <p>Chicken Gravy Over Biscuits</p> <p>Pizza Craveable</p> <p>Blueberry Parfait</p> <p><b>FEATURED VEGGIES</b> Roasted Potatoes Fresh Cucumber Slices</p>	<p><b>19</b></p> <p>Spaghetti &amp; Meatballs</p> <p>Pizza Craveable</p> <p>Blueberry Parfait</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Romaine Salad</p>	<p><b>20</b></p> <p>Cheese Pizza</p> <p>Pizza Craveable</p> <p>Blueberry Parfait</p> <p><b>FEATURED VEGGIES</b> Garden Peas Cole Slaw</p>
<p><b>23</b></p> <p>Chicken Nuggets with Roll</p> <p>Nacho Craveable</p> <p>Turkey &amp; Cheese Sand</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Pepper Strips</p>	<p><b>24</b></p> <p>Beefaroni</p> <p>Nacho Craveable</p> <p>Turkey &amp; Cheese Sand</p> <p><b>FEATURED VEGGIES</b> Green Beans Caesar Salad</p>	<p><b>25</b></p> <p>BBQ Pulled Chicken Sandwich</p> <p>Nacho Craveable</p> <p>Turkey &amp; Cheese Sand</p> <p><b>FEATURED VEGGIES</b> Oven Fries Celery Sticks</p>	<p><b>26</b></p> <p>Toasted Cheese Sandwich (V)</p> <p>Nacho Craveable</p> <p>Turkey &amp; Cheese Sand</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Cucumbers</p>	<p><b>27</b></p> <p>Cheese Pizza (V)</p> <p>Nacho Craveable</p> <p>Turkey &amp; Cheese Sand</p> <p><b>FEATURED VEGGIES</b> Ranchero Carrots Chickpea Salad</p>
<p><b>30</b></p> <p>NO SCHOOL</p>	<p><b>31</b></p> <p>NO SCHOOL</p>			

## 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, 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 chocolate, fat-free strawberry, fat-free vanilla

Lactaid milk available upon request

## Daily Alternates

Fresh Entree Salad, Yogurt Parfait or Sandwiches

Craveables

Sunbutter Craveable (V)

## (V) Vegetarian

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

## (VG) Vegan

These items do not contain any animal products

### Your Team

Michael Carbone, General Manager  
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### Meal Prices

Student Lunch \$3.20  
Reduced Lunch FREE  
Faculty Lunch \$4.50



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES