

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>- Lunch Prices: Paid = \$2.25 Reduced = \$.25</p>	<p>*Rib B Que w/BBQ Sauce <b>1</b> On an Enriched Bun Corn Nibbles Chilled Applesauce Milk Choice</p>	<p>Deli Turkey Breast Wedge <b>2</b> With Mayonnaise Shredded Lettuce with Raspberry Dressing Chilled Diced Pears Milk Choice</p>	<p>“Sloppy” Sloppy Joe <b>3</b> On Whole Wheat Bun Smiley Face Potatoes w/ Ketchup Chilled Peach Cup Milk Choice</p>	<p>Nardone Brand Pizza Slice <b>4</b> Pinto &amp; Green Bean Salad Mixed Fruit Cup Milk Choice</p>
<p>NATHAN’S Famous Hot D <b>7</b> On Enriched Bun w/Mustard Vegetarian Baked Beans Chilled Diced Pears Milk Choice</p>	<p>Chicken Fajita w/Pita Pock <b>8</b> Corn Nibbles Chilled Peach Cup Salsa Milk Choice</p>	<p>“Lunch Brunch” <b>9</b> Mrs. Buttersworth Pancakes With Individual Syrup Mozzarella Cheese Stick 100% Orange Juice Cup Baked Potato Nuggets/Ketchup Milk Choice</p>	<p>Turkey Taco with Tostito <b>10</b> Chips And Salsa Fresh Shredded Lettuce w/Dressing Choice Mixed Fruit Cup Milk Choice</p>	<p>Tony’s Brand Pizza Slice <b>11</b> Steamed Peas Chilled Applesauce Milk Choice</p>
<p>Tyson Whole Wheat Chick <b>14</b> Nuggets w/Dipping Choice Steamed Carrots Chilled Diced Pears Milk Choice</p>	<p>American and Mozzarella <b>15</b> Grilled Cheese Sandwich Baked Zero Trans-Fat Fries With Ketchup Chilled Peach Cup Milk Choice</p>	<p>“Sloppy” Sloppy Joe <b>16</b> On Whole Wheat Bun Corn Nibbles 100% Juice Icee Milk Choice</p>	<p>Deli Turkey Breast Wedge <b>17</b> With Mayonnaise Shredded Lettuce with Dressing Choice Chilled Applesauce Milk Choice</p>	<p>Tony’s Brand Pizza Slice <b>18</b> Seasoned Spinach Mixed Fruit Cup Milk Choice</p>
<p>NATHAN’S Famous Hot D <b>21</b> On Enriched Bun w/Mustard Corn Nibbles Chilled Applesauce Milk Choice</p>	<p>Nardone Brand Pizza Slice <b>22</b> Pinto &amp; Green Bean Salad Chilled Diced Pears Milk Choice</p>	<p>*Rib B Que w/BBQ Sauce <b>23</b> On an Enriched Bun Steamed Peas 100% Juice Icee Milk Choice</p>	<p>“Surprise” Lunch Day <b>24</b> Choice of Entrée Choice of Vegetable Choice of Fruit Milk Choice</p>	<p><b>25</b> <b>Schools Closed</b></p>
<p><b>Schools Closed</b> <b>28</b>  - If you have a food allergy, please speak to your cafeteria manager or food server.</p>	<p>Ravioli Italiano with <b>29</b> Italian Bread Slice Steamed Green Beans Chilled Applesauce Milk Choice</p>	<p>“Lunch Brunch” <b>30</b> Mrs. Buttersworth Pancakes With Individual Syrup *Ham Sticks 100% Orange Juice Cup Baked Potato Nuggets/Ketchup Milk Choice</p>	<p>Beef Taco with Tostito Chir <b>31</b> And Salsa Corn Nibbles Chilled Peach Cup Milk Choice</p>	<p><i>Choice of Peanut Butter and Jelly Sandwich or Cheese Sandwich Available Daily as a Lunch Option.</i>  <i>*May Contain Pork</i></p>

### NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.\*
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.‡

### School Information:

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