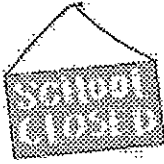
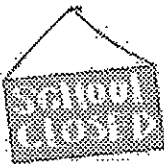
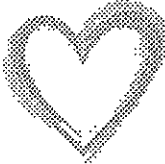
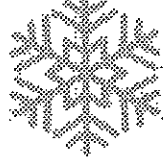

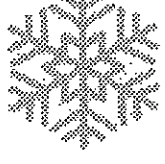


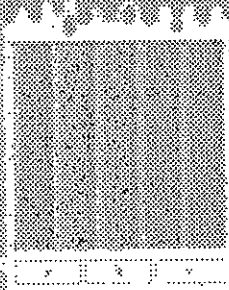


CHICK

Chicken & Turkey Pasta  
Chicken Pasta

Monday	Tuesday	Wednesday	Thursday	Friday	Differed Daily
Corn-Dog Ham & Cheese Wrap FEATURED VEGGIES Oven Fries	Mac & Cheese Cheese Hoagie FEATURED VEGGIES Cherry Tomatoes	Chicken & Cheese Quesadilla Turkey & Cheese Sandwich FEATURED VEGGIES Green Beans	Cheeseburger Italian Hoagie FEATURED VEGGIES Corn	Cheese or Pepperoni Pizza Ham & Cheese on a Kaiser Roll FEATURED VEGGIES Cucumber Coins	<p><b>What is a Meal?</b></p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum 1/4 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, along with seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% whole, fat-free white, fat-free chocolate</p> <p><b>Daily Alternates</b> Cereal Bag (Cereal, Cheese Stick, Yogurt, &amp; Gold-Fish)</p> <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p>
	Walking Nachos Cheese Hoagie FEATURED VEGGIES Green Beans	French Toast Sticks w/ Sausage & Blueberries Turkey & Cheese Sandwich FEATURED VEGGIES Baby Carrots	Meatballs & Pasta Italian Hoagie FEATURED VEGGIES Broccoli	Cheese or Pepperoni Pizza - Ham & Cheese on a Kaiser Roll FEATURED VEGGIES Celery Sticks	
	Cheese Stuffed Breadsticks w/ Marinara Cheese Hoagie FEATURED VEGGIES Peas	BBQ Chicken Grinder Turkey & Cheese Sandwich FEATURED VEGGIES Baby Carrots	Fish Sticks Italian Hoagie FEATURED VEGGIES Potato Wedges	Cheese or Pepperoni Pizza Ham & Cheese on a Kaiser Roll FEATURED VEGGIES Celery Sticks	
Hot Dog Ham & Cheese Wrap FEATURED VEGGIES Tater Tots	Chicken Patty Sandwich Cheese Hoagie FEATURED VEGGIES Baked Beans	Maple Waffle w/Sausage & Blueberries Turkey & Cheese Sandwich FEATURED VEGGIES Baby Carrots	Grilled Cheese w/Ham Italian Hoagie FEATURED VEGGIES Green Beans	Cheese or Pepperoni Pizza Ham & Cheese On a Kaiser Roll FEATURED VEGGIES Cucumber Coins	
					
<p><b>Your Team</b>                      Anne King, Food Service Director                      704.1.3.7 @ laurelschools.org</p>					



Meet Your Nutritionist  
Chick Davis

CHICK

Monday	Tuesday	Wednesday	Thursday	Friday	Different Daily
<p>3</p> <p>Mini Blueberry or Banana Loaf</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>4</p> <p>Chocolate Chip Muffin</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>5</p> <p>Mini Cinni Rolls</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>6</p> <p>Blueberry Muffin</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>7</p> <p>Apple Strudel</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Tix, Cocoa Puffs, Fruity Cheerios, Lucky Charms</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate</p>
<p>8</p> <p>NO SCHOOL!</p>	<p>9</p> <p>Cinnamon Bagel</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>10</p> <p>Glazed Donut Sticks</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>11</p> <p>Strawberry Bagel</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>12</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	
<p>13</p> <p>No School!</p>	<p>14</p> <p>Chocolate Chip Muffin</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>15</p> <p>Mini Cinni Rolls</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>16</p> <p>Blueberry Muffin</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>17</p> <p>Apple Strudel</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	
<p>18</p> <p>Mini Blueberry or Banana Loaf</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>19</p> <p>Chocolate Chip Muffin</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>20</p> <p>Mini Cinni Rolls</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>21</p> <p>Blueberry Muffin</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	<p>22</p> <p>Apple Strudel</p> <p>Assorted Cereals or Poptart with Graham Crackers</p>	
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	

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

**Your Team**  
Anne King, Food Service Director  
aneking@msd127.org

