



2018 GLACIAL DRUMLIN LUNCH

Components: Fruit, Veggies, Protein, Grain, Milk * Select at Least 3 of the 5 Components * One must be a full serving of Fruit or Veggie * Or for a Complete Meal Select All 5

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MEAL PRICES</p> <p>Grade 5 \$2.70 Grades 6-8 \$2.85 Reduced \$0.40 Adults \$3.75 Milk Only \$0.40</p> <p>Skim and 1% Milk served daily Fresh Fruit served most days of the week.</p>	<p>P - May contain pork N - May contain peanut/nut E - May contain egg V - Vegetarian LG - Locally Grown</p> <p>(N,V)PBJ Combo or (E)Chef or (E)Garden Salad offered Daily as an Entrée Choice</p>		<p>1 Chicken Nuggets w/ Steamed Brown Rice Or (P)BBQ Pork Sandwich Steamed Cauliflower Broccoli Florets Mixed Fruit Fresh Pear</p>	<p>2 (P,V)Wild Mike's Pizza Or Grilled Chicken Sandwich Romaine Garden Salad Baby Carrots Cherry Tomatoes Warm Cinnamon Apples Slushie Sidekicks</p>
<p>5 Cheeseburger/Bun Or Hot 'n Spicy Chicken Sandwich Sliced Tomatoes Potato Smiles Green Beans Chilled Applesauce (E)Cookie</p>	<p>6</p> <p>NO SCHOOL GRADES 5 - 8</p>	<p>7 (E,V)Rotini, Meatballs in Sauce, Shredded Cheese & Garlic Toast Or Turkey Ranch Wrap Romaine Garden Salad Grape Tomatoes Chilled Pears</p>	<p>8 Popcorn Chicken w/Breadstick Or (V)Cheese Calzone Corn Niblets Baby Carrots Mixed Fruit (LG)Fresh Sliced Apples</p>	<p>9 (P,V)Stuffed Crust Pizza Or (P)Ham on Wheat Cauliflorets Broccoli Cuts Diced Peaches</p>
<p>12 Teriyaki Or (E)Orange Chicken Steamed Brown Rice California Blend Vegetables Carrots Coins Mixed Fruit Slushie Sidekicks (E)Fortune Cookie</p>	<p>13 BRUNCH FOR LUNCH (E,V)French Toast Sticks w/(P)Sausage Or (P)Ham & Cheese Sub Hash Brown Celery Sticks Chilled Applesauce 100% Juice</p>	<p>14 (E)Mini Corn Dogs Or Fish w/Cheese/Bun (P)Baked Beans Corn Niblets (E)Creamy Coleslaw Strawberries</p>	<p>15 (V)Mozzarella Stix w/Marinara Dipping Sauce Or Hot 'n Spicy Chicken Sandwich Garden Salad Broccoli Florets Baby Carrots Orange Smiles Warm Cinnamon Apples</p>	<p> 16 Shamrock Nuggets Or (V)Grilled Cheese Sandwich Crispy Fries Green Beans Diced Pears (E)Lucky Cookie</p>
<p>19 (E,V)Macaroni & Cheese/Breadstick Or (P)Rib Sandwich Country Blend Vegetables Broccoli Cuts Chilled Applesauce Slushie Sidekicks</p>	<p>20 Turkey & Gravy/Dinner Roll Or (P)Sub Sandwich Mashed Potatoes Peas & Carrots Cranberry Sauce Mixed Fruit (E)Cookie</p>	<p>21 (V)Cheese French Bread w/Marinara Dipping Sauce Or Turkey & Cheese on a Bun Romaine Garden Salad Baby Carrots Cucumber Slices (LG)Fresh Sliced Apples</p>	<p>22 (P)Nachos w/Meat & Cheese & Spanish Rice Or Grilled Chicken Sandwich Refried Beans Corn Niblets Mandarin Oranges</p>	<p>23 Chicken Nuggets w/Garlic Toast Or (E,V)Cheese Lasagna Roll Up w/Garlic Toast Green Beans Steamed Carrots Chilled Peaches</p>
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