

ves = Vegetarian

• = Vegan

Fruit offered daily:
Fresh Fruit Bowl
Assorted Fruit Cups
Cool Tropics Slushie
or Wawona Fruit Pop

October Lunch

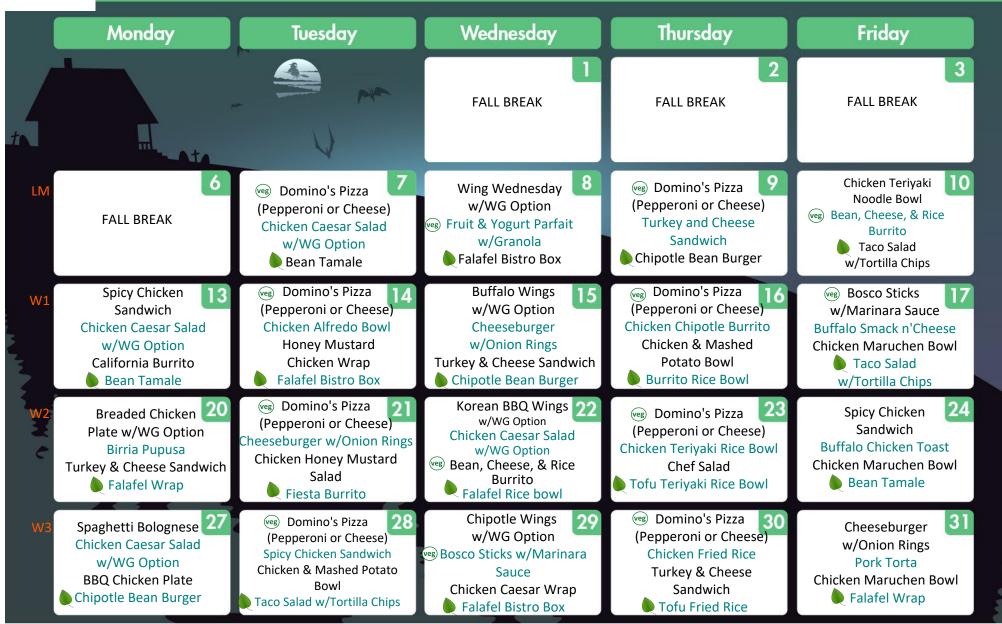
Vegetables offered daily:

M: Hummus & Baby Carrots

T: Spicy Lime Cucumbers & Side Salad

W: Baby Carrots & Celery Sticks

Th: Cheesy Broccoli & Spicy Cucumber F: Spicy Carrots & Mexican Street Corn



All meals include the following components: Grain, Meat or Meat Alternative, Fruit, Vegetable, and Milk. Students must select 3 out of the 5 components offered, with one component being a fruit or vegetable.

Assorted Condiments: (optional vary daily) Mustard, Mayonnaise, Ketchup, Tapatio. Milk:1%Low-fat White Milk, and Nonfat Chocolate Milk offered daily with each meal. All milk is locally sourced and rBST hormone free.

** Milk is NOT required with Meals**

Please see the Site Supervisor to request a specific allergen free menu