



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Holiday Break No School	2 Chicken Nuggets w/ Dinner Roll Garden Salad w/Egg Goldfish Crackers <b>FEATURED VEGGIES</b> Green Beans Peach Cups	3 Season's Pizza Italian Hoagie w/ Chips <b>FEATURED VEGGIES</b> Side Garden Salad Fruit Cup	<b>What is a Meal?</b> You 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 ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry
6 Toasted Cheese Sandwich Beef Hot Dog on a Bun <b>FEATURED VEGGIES</b> Tomato Soup Tater Tots	7 Nachos Grande with Tortilla Chips Popcorn Chicken Caesar Salad w/ Goldfish Crackers <b>FEATURED VEGGIES</b> Golden Corn Celery Sticks	8 Cheeseburger on a Bun Turkey Ham & Cheese on a Bun <b>FEATURED VEGGIES</b> Lettuce & Tomato Cup Baby Carrots	9 Chicken Tenders w/ Mini Biscuit Garden Salad w/Egg Goldfish Crackers <b>FEATURED VEGGIES</b> Curly Fries Pepper Slices	10 French Bread Pizza Italian Hoagie w/ Chips <b>FEATURED VEGGIES</b> Side Garden Salad Grape Tomatoes	<b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
13 Sloppy Joe Sandwich Beef Hot Dog on a Bun <b>FEATURED VEGGIES</b> French Fries Cucumber Slices	14 Chicken Filet Sandwich Popcorn Chicken Caesar Salad w/ Goldfish Crackers <b>FEATURED VEGGIES</b> Mixed Vegetables Celery Sticks	15 Cheesesteak on a Roll Turkey Ham & Cheese on a Bun <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	16 Meatballs & Marinara over Pasta w/ Garlic Breadstick Garden Salad w/Egg Goldfish Crackers <b>FEATURED VEGGIES</b> Steamed Broccoli Pepper Slices	17 Season's Pizza Italian Hoagie w/ Chips <b>FEATURED VEGGIES</b> Side Garden Salad Grape Tomatoes	
20 Martin Luther King Jr. Day School Closed	21 Turkey Soft Taco Popcorn Chicken Caesar Salad w/ Goldfish Crackers <b>FEATURED VEGGIES</b> Mexicali Corn Celery Sticks	22 French Toast Sticks w/ Turkey Sausage Turkey Ham & Cheese on a Bun <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	23 Cheesesteak Sub Garden Salad w/Egg Goldfish Crackers <b>FEATURED VEGGIES</b> Green Beans Pepper Slices	24 Personal Pan Pizza Italian Hoagie w/ Chips <b>FEATURED VEGGIES</b> Side Garden Salad Grape Tomatoes	
27 Toasted Cheese Sandwich Beef Hot Dog on a Bun <b>FEATURED VEGGIES</b> Shredded Carrots Cucumber Slices	28 Chicken & Mashed Potato Bowl Popcorn Chicken Caesar Salad w/ Goldfish Crackers <b>FEATURED VEGGIES</b> Golden Corn Celery Sticks	29 Pizza Crunchers Turkey Ham & Cheese on a Bun <b>FEATURED VEGGIES</b> Lettuce & Tomato Cup Baby Carrots	30 Beef Hot Dog Garden Salad w/Egg Goldfish Crackers <b>FEATURED VEGGIES</b> Baked Beans Pepper Slices	31 Season's Pizza Italian Hoagie w/ Chips <b>FEATURED VEGGIES</b> Side Garden Salad Grape Tomatoes	<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products

**Saint John Paul II Regional School**  
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**Meal Prices**  
Student Lunch \$4.00  
Reduced Lunch \$0.00



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.