

Every day we offer a delicious and varied salad bar full of fruits and veggies. This accompanies our from scratch cooking methods.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



<p><b>1</b></p> <p>No School</p>	<p><b>2</b></p> <p>Pasta Alfredo w/ Chicken Roasted Broccoli Fresh Fruit &amp; Veggie Milk</p>	<p><b>3</b></p> <p>Cheese Calzone Specialty Calzone Homemade Dessert Fresh Fruit &amp; Veggie Milk</p>
<p><b>6</b></p> <p><i>*National Bean Day*</i> White Bean &amp; Chicken Chili From Scratch Cornbread Fresh Fruit &amp; Veggie Milk</p>	<p><b>7</b></p> <p>Chicken Quesadilla Spanish Rice Fresh Fruit &amp; Veggie Milk</p>	<p><b>8</b></p> <p>Cheeseburger Day Hand Cut Juniper Hill French Fries &amp; Baked Beans Fresh Fruit &amp; Veggie Milk</p>
<p><b>13</b></p> <p>Perogies w/ Chicken Juniper Hill Honey Butter Carrots Fresh Fruit &amp; Veggie Milk</p>	<p><b>14</b></p> <p>Sausage, Peppers &amp; Onions on a Roll w/ Baked Beans Fresh Fruit &amp; Veggie Milk</p>	<p><b>15</b></p> <p><i>*National Bagel Day*</i> Hot Turkey &amp; Cheese on a Bagel Roasted Brussel Sprouts Fresh Fruit &amp; Veggie Milk</p>
<p><b>20</b></p> <p>No School</p>	<p><b>21</b></p> <p>Local Chapuk Beef Nachos Brown Rice &amp; All the Fixings Fresh Fruit &amp; Veggie Milk</p>	<p><b>22</b></p> <p>Grilled Cheese Homemade Tomato Soup Fresh Fruit &amp; Veggie Milk</p>
<p><b>27</b></p> <p>Lemon Chicken w/ Butter Noodles &amp; Peas Fresh Fruit &amp; Veggie Milk</p>	<p><b>28</b></p> <p><i>*National Blueberry Pancake Day*</i> Homemade Blueberry Pancakes Scrambled Eggs, Maple Sausage &amp; Local Maple Syrup Fresh Fruit &amp; Veggie Milk</p>	<p><b>29</b></p> <p>No School</p>
<p><b>30</b></p> <p>Sticky Chicken Brown Rice &amp; Mushrooms Fresh Fruit &amp; Veggie Milk</p>	<p><b>31</b></p> <p>Cheese Calzone Specialty Calzone Homemade Dessert Fresh Fruit &amp; Veggie Milk</p>	<p><b>31</b></p> <p>Cheese Calzone Specialty Calzone Homemade Dessert Fresh Fruit &amp; Veggie Milk</p>

Moriah CSD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least 3 food components, with one of the food components being at least 1/2 cup of fruit or vegetable to constitute a reimbursable meal. Alternate choices are PB&J or Egg Salad Sandwich. All Students eat at no cost.