Welcome back!

<table>
<thead>
<tr>
<th></th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chicken 30</td>
<td>French Toast, Egg Patty or Turkey Sausage</td>
<td>Cheeseburger Or Hamburger</td>
</tr>
<tr>
<td></td>
<td>Nuggets + cheese biscuit</td>
<td>Sunbutter sandwich + Yogurt or Deli Sandwich</td>
<td>Sunbutter sandwich + Yogurt or Deli Sandwich</td>
</tr>
</tbody>
</table>

Cold milk plus a variety of sandwiches, fruits, vegetables, and a salad bar are offered daily in addition to the hot lunch special.

Unlimited fresh fruits and vegetables available with meal purchase.

Vegetarian sandwiches and wraps are available daily.

Please pay negative meal balances from last school year. All meal balances transfer from school year to school year.

Complete Meals: at least 3 foods one being a fruit or vegetable (1/2 cup min)

Grains: MyPlate.gov

Protein: MyPlate.gov

Dairy: MyPlate.gov

Vegetables: MyPlate.gov

Fruits: MyPlate.gov

Please fill out a meal application form for school year 2023-2024.

Nutrition Services Contact info: Jessie Campbell at jcampbell@psd267.org or 509-332-5179

This institution is an equal opportunity provider.