





Meet Your Nutritious Friend:
Preppy Plantain

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
	Chicken Patty on a Bun ¹ Italian Hoagie Spring Mix w/cheese FEATURED VEGGIES Scalloped Potatoes Variety of Cold Veggies	Fish Sticks w/roll ² Turkey & Cheese Sandwich Chef Salad w/egg FEATURED VEGGIES Steamed Mixed Vegetables Variety of Cold Veggies	Walking Taco ³ Cheese Sandwich Hummus & Veg. w/pita FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	Personal Cheese Pizza ⁴ Turkey ham & Cheese Sand. Taco Salad FEATURED VEGGIES Tater Tots Variety of Cold Veggies	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate</p> <p>Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps</p>						
Turkey Hot Dog on a Bun ⁷ Buffalo Chicken Wrap Santa Fe Chicken Salad FEATURED VEGGIES Baked Beans Variety of Cold Veggies	Sloppy Joe on a Bun ⁸ Grilled Veggie Wrap Caesar Salad w/beans FEATURED VEGGIES French Fries Variety of Cold Veggies	Dinosaur Nuggets w/roll ⁹ American Hoagie Sandwich Spring Mix w/egg FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	Pancakes w/egg patty & syrup ¹⁰ BBQ Chicken Wrap Asian Chicken Salad FEATURED VEGGIES Steamed Green Beans Variety of Cold Veggies	Personal Cheese Pizza ¹¹ Asian Chicken Wrap Kale Salad FEATURED VEGGIES Steamed Carrots Variety of Cold Veggies							
Popcorn Chicken Bowl ¹⁴ Turkey & Cheese Sandwich Spring Mix w/egg FEATURED VEGGIES Steamed Corn Variety of Cold Veggies	Burger on a Bun ¹⁵ Buffalo Chicken Wrap Tuna Salad w/tomato FEATURED VEGGIES Steamed Broccoli Variety of Cold Veggies	Baked Chicken w/buttered noodles ¹⁶ Cheese Sandwich Chef Salad w/egg FEATURED VEGGIES Steamed Peas Variety of Cold Veggies	Waffles w/turkey sausage patty & syrup ¹⁷ Turkey ham & Ch. Sandwich Chicken Caesar Salad FEATURED VEGGIES Steamed Mixed Vegetables Variety of Cold Veggies								
<h1>SPRING BREAK!</h1>											
French Toast Sticks ²⁸ w/turkey sausage patty & syrup Turkey & Cheese Sandwich NO SALAD FEATURED VEGGIES Steamed Carrots Variety of Cold Veggies	Chicken & Cheese Quesadilla ²⁹ Italian Hoagie Sandwich NO SALAD FEATURED VEGGIES Steamed Black Beans/Com Variety of Cold Veggies	Meatballs w/roll ³⁰ Cheese Sandwich Chef Salad w/egg FEATURED VEGGIES Steamed Broccoli Variety of Cold Veggies									
<p>Mount Laurel School District Team Laura D’Aiuto, Food Service Director 856.234.1610 ext. 22014 ma1551@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.85</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$3.85</td> </tr> </table>		Student Lunch	\$2.85	Reduced Lunch	\$0.00	Faculty Lunch	\$3.85	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.