









Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Meatballs w/roll 2 Turkey ham & Cheese Sandwich NO SALAD FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	Pancakes & Turkey Sausage Patty w/syrup 3 Turkey & Cheese Sandwich NO SALAD FEATURED VEGGIES Mixed Vegetables Assorted Cold Veggies	Sloppy Joe On A Bun 4 Cheese Sandwich Caesar Salad w/beans FEATURED VEGGIES French Fries Assorted Cold Veggies	Baked Chicken w/buttered noodles 5 Italian Hoagie Spring Mix Salad w/cheese FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	Personal Cheese Pizza 6 Buffalo Chicken Wrap Santa Fe Chicken Salad FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	What is a Meal? Students 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. Choice of Vegetable Hot vegetable, leafy salad,, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps
Dinosaur Nuggets w/roll 9 Turkey ham & Cheese Sandwich Hummus & Veggies w/Pita Bread FEATURED VEGGIES Steamed Peas Assorted Cold Veggies	Walking Taco 10 BBQ Chicken Wrap Chef Salad w/egg FEATURED VEGGIES Tater Tots Assorted Cold Veggies	Orange Chicken over Rice 11 Turkey & Cheese Sandwich Taco Salad FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	Pizza Bagels 12 American Hoagie Spinach Salad w/egg FEATURED VEGGIES Steamed Mixed Vegetables Assorted Cold Veggies	13 TEACHER IN SERVICE NO SCHOOL	
Burger on a Bun 16 Cheese Sandwich Hummus & Veggies w/Pita Bread FEATURED VEGGIES Baked Beans Assorted Cold Veggies	Popcorn Chicken Bowl 17 Chicken Caesar Wrap Spring Mix Salad w/cheese FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	Spaghetti w/Meatballs & Roll 18 Turkey ham & Cheese Sandwich Tuna Salad w/tomato FEATURED VEGGIES Steamed Peas Assorted Cold Veggies	Chicken Patty on a Bun 19 Buffalo Chicken Wrap Chef Salad w/egg FEATURED VEGGIES French Fries Assorted Cold Veggies	20 EARLY DISMISSAL NO LUNCH SERVED	
	24	25	26 		
30 		Happy Hanukkah! 			

MOUNT LAUREL SCHOOLS Laura D'Aiuto, Food Service Director 856.234.1610 ext. 22014 ma1551@metzcorp.com	Meal Prices 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.