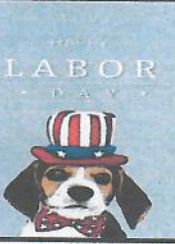


Meet Your Nutritious Friends:  
The Seeds

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
 <p>Pancakes w/turkey sausage patty &amp; syrup Buffalo Chicken Wrap Pasta Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Spinach Assorted Cold Veggies</p>	<p>Mini Turkey Corn Dogs <sup>3</sup> Cheese Sandwich No Salad Today</p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Veg Assorted Cold Veggies</p>	<p>Chicken Quesadilla <sup>4</sup> Turkey &amp; Cheese Sandwich Chef Salad w/egg</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Assorted Cold Veggies</p>	<p>Turkey Hot Dog on a Bun <sup>5</sup> Chicken Caesar Wrap Garden Salad</p> <p><b>FEATURED VEGGIES</b> Baked Beans Assorted Cold Veggies</p>	<p>Personal Cheese Pizza <sup>6</sup> Turkey ham &amp; Cheese Sandwich Santa Fe Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Assorted Cold Veggies</p>	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat free chocolate</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>
<p>Pancakes w/turkey sausage patty &amp; syrup Buffalo Chicken Wrap Pasta Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Spinach Assorted Cold Veggies</p>	<p>Pizza Bagels <sup>10</sup> American Hoagie Sandwich Tuna in a Tomato over Lettuce</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Assorted Cold Veggies</p>	<p>Pasta w/meat sauce &amp; roll <sup>11</sup> Turkey &amp; Cheese Sandwich Spinach Salad w/egg</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Cold Veggies</p>	<p>Sloppy Joe on a Bun <sup>12</sup> Cheese Sandwich Caesar Salad w/beans</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Assorted Cold Veggies</p>	<p>Personal Cheese Pizza <sup>13</sup> BBQ Chicken Wrap Hummus &amp; Veggies w/pita</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Assorted Cold Veggies</p>	
<p>Burger on a Bun <sup>16</sup> Veggie Wrap Chicken Caesar Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Assorted Cold Veggies</p>	<p>Waffle w/egg patty &amp; syrup <sup>17</sup> BBQ Chicken Wrap Buffalo Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Veggies Assorted Cold Veggies</p>	<p>Fish Sticks <sup>18</sup> Turkey &amp; Cheese Sandwich Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Assorted Cold Veggies</p>	<p>Chicken Patty on a Bun <sup>19</sup> Cheese Sandwich Chef Salad w/egg</p> <p><b>FEATURED VEGGIES</b> French Fries Assorted Cold Veggies</p>	<p>Personal Cheese Pizza <sup>20</sup> Turkey ham &amp; Cheese Sandwich Chicken Caesar Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Cold Veggies</p>	
<p>French Toast Sticks w/syrup <sup>23</sup> American Hoagie Spinach Salad w/egg</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Assorted Cold Veggies</p>	<p>Walking Tacos <sup>24</sup> Cheese Sandwich Hummus &amp; Veggies w/pita</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Assorted Cold Veggies</p>	<p>Dino Nuggets <sup>25</sup> Veggie Wrap Taco Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Veggies Assorted Cold Veggies</p>	<p>Cheese Ravioli w/roll <sup>26</sup> Chicken Taco Wrap Garden Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Spinach Assorted Cold Veggies</p>	<p>Personal Cheese Pizza <sup>27</sup> Turkey ham &amp; Cheese Sandwich Chicken Caesar Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Assorted Cold Veggies</p>	
<p>Meatballs w/roll <sup>30</sup> Asian Chicken Wrap Kale Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Squash Assorted Cold Veggies</p>					

**Mount Laurel School Team**  
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**Meal Prices**

Student Lunch K-4	\$2.85
Reduced Lunch	\$0.00
Adult Meal	\$3.85



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