



Meet Your Nutritious Friend:
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	Pancakes w/egg patty ¹ Turkey & Cheese Sandwich Chef Salad w/egg FEATURED VEGGIES Steamed Green Beans Assorted Cold Veggies	Mini Turkey Corn Dogs ² Cheese Sandwich Caesar Salad w/bean FEATURED VEGGIES Steamed Mixed Veg Assorted Cold Veggies	³ SCHOOLS CLOSED	Personal Cheese Pizza ⁴ Chicken Caesar Wrap Garden Salad FEATURED VEGGIES Steamed Peas Assorted 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 ¼ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean 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 Day Daily Cold Cut Sandwiches or Wraps</p>
French Toast Sticks ⁷ Buffalo Chicken Wrap Pasta Salad FEATURED VEGGIES Steamed Spinach Assorted Cold Veggies	Cowboy Burger ⁸ American Hoagie Sandwich Tuna Salad w/tomato FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	Pasta w/meat sauce & roll ⁹ Turkey ham & Cheese Sand Spinach Salad w/egg FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	Turkey Hot Dog On A Bun ¹⁰ Cheese Sandwich Asian Chicken Salad FEATURED VEGGIES Baked Beans Assorted Cold Veggies	Personal Cheese Pizza ¹¹ BBQ Chicken Wrap Hummus & Veggie w/pita FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	
TEACHER IN SERVICE ¹⁴ NO SCHOOL	Waffle w/turkey sausage patty ¹⁵ Turkey & Cheese Sandwich Buffalo Chicken Salad FEATURED VEGGIES Steamed Mixed Veg Assorted Cold Veggies	Pulled Pork Nachos ¹⁶ Cheese Sandwich Pasta Salad FEATURED VEGGIES French Fries Assorted Cold Veggies	Chicken Patty On A Bun ¹⁷ Veggie Wrap Kale Salad FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	Personal Cheese Pizza ¹⁸ Italian Hoagie Sandwich Chef Salad w/egg FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	
Pancakes w/egg patty ²¹ Turkey ham & Cheese Sand Chicken Caesar Salad FEATURED VEGGIES Steamed Green Beans Assorted Cold Veggies	Soft Tacos ²² Cheese Sandwich Hummus & Veggie w/pita FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	Dinosaur Nuggets ²³ Buffalo Chicken Wrap Taco Salad FEATURED VEGGIES Steamed Mixed Vegetables Assorted Cold Veggies	Cheese Pierogis ²⁴ Turkey & Cheese Sandwich Asian Chicken Salad FEATURED VEGGIES Steamed Spinach Assorted Cold Veggies	Personal Cheese Pizza ²⁵ American Hoagie Garden Salad FEATURED VEGGIES French Fries Assorted Cold Veggies	
²⁸ Meatballs w/roll BBQ Chicken Wrap Kale Salad FEATURED VEGGIES Steamed Squash Assorted Cold Veggies	²⁹ Cheese Ravioli w/roll American Hoagie Sandwich Pasta Salad FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	³⁰ Baked Chicken w/mash potatoes Cheese Sandwich Tuna Salad w/tomato FEATURED VEGGIES Steamed Peas Assorted Cold Veggies	³¹ Chicken & Cheese Quesadilla Veggie Wrap Santa Fe Chicken Salad FEATURED VEGGIES Steamed Corn Assorted Cold Veggies		
<p>Your Team Laura D'Aiuto, Food Service Director 856.234.1610 ext. 22014 ma1551@metzcorp.com</p>			<p>Meal Prices Student Lunch \$2.85 Faculty Lunch \$3.85</p>		

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

