## **December 2024**



		you etuber"			Meet Your Nutritious Friend: You "Tuber"
Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Meatballs w/roll  Turkey ham & Cheese Sandwich  NO SALAD	Pancakes & Turkey Sausage Patty w/syrup Turkey & Cheese Sandwich NO SALAD	Sloppy Joe On A Bun Cheese Sandwich Caesar Salad w/beans	Baked Chicken w/buttered noodles  Italian Hoagie Spring Mix Salad w/cheese	Personal Cheese Pizza Buffalo Chicken Wrap Santa Fe Chicken Salad	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.
FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	FEATURED VEGGIES Mixed Vegetables Assorted Cold Veggies	FEATURED VEGGIES French Fries Assorted Cold Veggies	FEATURED VEGGIES Steamed Carrots Assorted Cold Veggies	FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
Dinosaur Nuggets w/rol  Turkey ham & Cheese Sandwich	Walking Taco  BBQ Chicken Wrap	Orange Chicken over Rice Turkey & Cheese Sandwich Taco Salad	Pizza Bagels  American Hoagie	TEACHER IN SERVICE	A minimum ½ cup serving of fruit o vegetable must accompany a reimbursable lunch.
Hummus & Veggies w/Pita Bread  FEATURED VEGGIES Steamed Peas Assorted Cold Veggies	Chef Salad w/egg  FEATURED VEGGIES Tater Tots Assorted Cold Veggies	FEATURED VEGGIES Steamed Broccoli Assorted Cold Veggies	Spinach Salad w/egg  FEATURED VEGGIES Steamed Mixed Vegetables Assorted Cold Veggies	NO SCHOOL	Choice of Vegetable  Hot vegetable, leafy salad,, seasonal fresh vegetables
Burger on a Bun 16 Cheese Sandwich	17	18 Spaghetti w/Meatballs & Roll Turkey ham & Cheese Sandwich	Chicken Patty on a Bun Buffalo Chicken Wrap	20 EARLY DISMISSAL	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
Hummus & Veggies w/Pita Bread FEATURED VEGGIES Baked Beans Assorted Cold Veggies	Spring Mix Salad w/cheese  FEATURED VEGGIES Steamed Corn Assorted Cold Veggies	Tuna Salad w/tomato  FEATURED VEGGIES  Steamed Peas  Assorted Cold Veggies	Chef Salad w/egg  FEATURED VEGGIES  French Fries  Assorted Cold Veggies	NO LUNCH SERVED	Choice of Milk 1% white, fat-free chocolate, Daily Alternates
THE PARTY OF THE P	24		26		Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps
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MOUNT LAURE Laura D'Aiuto, Food Se 856.234.1610 ext. 22014 ma1551@metzcorp.com	ervice Director 4		Meal Prices Student Lunch Reduced Lunch Faculty Lunch	\$2.85 \$0.00 \$3.85	NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz