



Meet Your Nutritious Friend:
Chick Peas

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3 Pizza Crunchers filled w/ Sauce and Cheese BBQ Ribby on a Bun Crispy Chicken Salad</p> <p>FEATURED VEGGIES Carrot Coins Applesauce Cup</p>	<p>4 Tacos with sour cream and salsa Chicken Cheesesteak Wrap</p> <p>FEATURED VEGGIES Sweet Corn 100% Apple Juice</p>	<p>5 Bacon, Egg, and Cheese on an English Muffin Ham and Cheese Sandwich Taco Salad</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices</p>	<p>6 Double Bacon Cheeseburger on a Bun Hot Dog on a Bun</p> <p>FEATURED VEGGIES Green Beans 100% Apple Juice</p>	<p>7 Pizza Dippers w/ Dippin cup Bagel, Yogurt, and Cheese Stick Garden Salad w/ Tuna</p> <p>FEATURED VEGGIES Veggie Patch Fruit of the Day</p>	<p>What is a Meal? Students 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, 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, chocolate, and strawberry</p>
<p>10 Cheeseburger on a Bun Uncrustable Meal</p> <p>FEATURED VEGGIES Tater Tots Veggie Patch Fruit(Cupped,Fresh,Juice)</p>	<p>11 Hot Dog on a Bun Cereal Yogurt Meal</p> <p>FEATURED VEGGIES Golden Corn Veggie Patch Fruit(Cupped,Fresh,Juice)</p>	<p>12 French Toast sticks w/Sausage Uncrustable Meal</p> <p>FEATURED VEGGIES Hashbrown Potato Veggie Patch Fruit(Cupped,Fresh,Juice)</p>	<p>13 Cheesesteak on a Roll Cereal Yogurt Meal</p> <p>FEATURED VEGGIES Potato Smiles Veggie Patch Fruit(Cupped, Fresh,Juice)</p>	<p>14 French Bread Pizza Uncrustable Meal</p> <p>FEATURED VEGGIES Sweet Peas Veggie Patch Fruit(Cupped,Fresh,Juice)</p>	<p>Daily Alternates Chicken Nuggets w/ Goldfish PB&J Uncrustable Cereal, Yogurt, and Cheese Stick</p>
<p>17 NO SCHOOL President's Day</p>	<p>18 Walking Taco w/ Sour Cream and Salsa Chicken Fajita</p> <p>FEATURED VEGGIES Seasoned Rice 100% Apple Juice</p>	<p>19 Mini Pancakes w/ Bacon Hot Ham and Cheese on a Pretzel Roll Taco Salad</p> <p>FEATURED VEGGIES Diced Potatoes Blueberry Cup</p>	<p>20 Loaded Cheesesteak Fries BBQ Baked Chicken w/ Dinner Roll</p> <p>FEATURED VEGGIES Baked Beans 100% Apple Juice</p>	<p>21 Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Veggie Patch Fruit Cup</p>	
<p>24 Grilled Cheese Mozzarella Sticks w/ Dippin Cup Grilled Chicken Salad</p> <p>FEATURED VEGGIES Tomato Soup Applesauce Cup</p>	<p>25 Nacho Grande w/ Sour Cream and Salsa Chicken Quesadilla</p> <p>FEATURED VEGGIES Rice and Beans 100% Apple Juice</p>	<p>26 Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Lays Chips 100% Apple Juice</p>	<p>27 Mini Corn Dogs Chicken Tenders w/ Dinner Roll</p> <p>FEATURED VEGGIES Buttered Noodles 100% Apple Juice</p>	<p>28 Personal Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Veggie Patch Fruit of the Day</p>	
					<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>

Your Team

Donna Daly, Food Service Director
856-629-6419 ext. 317
ma1572@metzcorp.com

Meal Prices

Student Lunch \$3.30
8 oz Water Bottle \$0.80

