



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			<p>1 Popcorn Chicken w/ Breadstick Chicken Fajita over Rice</p> <p>FEATURED VEGGIES Steamed Broccoli 100% Apple Juice</p>	<p>2 Cheeseburger on a Bun 12:15 DISMISSAL</p> <p>FEATURED VEGGIES Lay's Chips 100% Apple Juice</p>	<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 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>Daily Alternates Chicken nuggets with Goldfish PB&J Uncrustable Cereal, Yogurt, and Cheese Stick</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>5 Mozzarella Sticks w/ Dipping Cup Cheeseburger w/ Big Mac Sauce on the Side Grilled Chicken Salad</p> <p>FEATURED VEGGIES Sweet Peas Apricot Cup</p>	<p>6 Nacho Grande w/ Sour Cream and Salsa BBQ Chicken Cheesesteak</p> <p>FEATURED VEGGIES Steamed Corn 100% Apple Juice</p>	<p>7 McGriddle w/ Sausage, Egg, and Cheese Hot Turkey Sandwich Taco Salad</p> <p>FEATURED VEGGIES Diced Potatoes Fruit Cup</p>	<p>8 Grilled Cheese Buffalo Chicken Wrap</p> <p>FEATURED VEGGIES Steak Fries 100% Apple Juice</p>	<p>9 Big Daddy's Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Veggie Patch Fruit of the Day</p>	
<p>12 McRib w/ a Side of Pickle Bacon Double Cheeseburger Grilled Chicken Salad</p> <p>FEATURED VEGGIES Green Beans Fruit Cup</p>	<p>13 Twin Taco w/ Salsa and Sour Cream Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Seasoned Rice 100% Apple Juice</p>	<p>14 Bacon, Egg, and Cheese on a Bagel Turkey and Cheese Hoagie Taco Salad</p> <p>FEATURED VEGGIES Potato Wedges Fruit Cup</p>	<p>15 Chicken Tenders w/ Butter Noodles Buffalo Chicken Cheesesteak</p> <p>FEATURED VEGGIES Crinkle Fries 100% Apple Juice</p>	<p>16 Personal pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Veggie Patch Fruit of the Day</p>	
<p>19 Pizza Crunchers Chicken Fajita Crispy Chicken Salad</p> <p>FEATURED VEGGIES Carrot Coins Fruit of the Day</p>	<p>20 Walking Tacos w/ Sour Cream and Salsa Cheesesteak on a Roll</p> <p>FEATURED VEGGIES Sweet Corn 100% Apple Juice</p>	<p>21 Mini Pancakes w/ Bacon Hot Turkey Sandwich Taco Salad</p> <p>FEATURED VEGGIES Diced Potatoes Fruit Cup</p>	<p>22 Mini Corn Dogs Bacon Double Cheeseburger</p> <p>FEATURED VEGGIES Baked Beans 100% Apple Juice</p>	<p>23 Chicken Patty on a Bun 12:15 DISMISSAL</p> <p>FEATURED VEGGIES Lay's Chips 100% Apple Juice</p>	
<p>26 NO SCHOOL MEMORIAL DAY</p>	<p>27 Loaded Cheeseburger Fries Sloppy Joe on a Bun</p> <p>FEATURED VEGGIES Green Beans 100% Apple Juice</p>	<p>28 Sausage, Egg, and Cheese on an English Muffin Tukey and Cheese Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Tater Tots Fruit of the Day</p>	<p>29 Pasta w/ Marinara Sauce Chicken Quesadilla</p> <p>FEATURED VEGGIES Sweet Peas 100% Apple Juice</p>	<p>30 Pizzeria Pizza Bagel, Yogurt, and Cheese Stick Garden Salad w/ Cheese</p> <p>FEATURED VEGGIES Veggie Patch Fruit of the Day</p>	
<p>Your Team Donna Daly, Food Service Director 856-629-6190 ext. 317 ma1572@metzcorp.com</p>			<p>Meal Prices Student Lunch \$3.30 8 oz Water Bottle \$0.80</p>		

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