

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger	
2	3	4	5	6	
Crispy General Tso's Chicken over White Rice	Walking Tacos	Mac & Cheese	Corndog Nuggets	Popcorn Chicken Mashed Potato Bowl with Roll	
FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Stewed Tomatoes	FEATURED VEGGIES Green Beans	FEATURED VEGGIES Carrots	
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger	
9	10	11	12	13	
Italian Meatball & Cheese on a Bun	Buffalo Chicken Wing Hoagie	Cowboy Burger	Philly Cheesesteak	Early Dismissal French Toast Sticks w/ Syrup	
FEATURED VEGGIES Cauliflower	FEATURED VEGGIES Mixed Vegetables	FEATURED VEGGIES Sidewinder Fries	FEATURED VEGGIES Ranchero Carrots	FEATURED VEGGIES Tri Tatar Hash browns	
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger	
16	17	18	19	20	
No School	Walking Tacos	Texas Toast Grilled Cheese Sandwich	Assorted Flat Breads	Pasta w/ Sauce Garlic Bread	
	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Tomato Soup	FEATURED VEGGIES Mixed Vegetables	FEATURED VEGGIES Lemon-Parm Broccoli	
Hamburger/Cheeseburger	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger	
23	24	25	26	27	
Nashville Hot Chicken Sandwich	Nachos Grande	Pepperoni Melt	Jacked Up Fries	Cheesy Pizza Crunchers with Marinara	
FEATURED VEGGIES Steamed Mixed Veggies	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Cheesy Cauliflower	FEATURED VEGGIES Green Beans	FEATURED VEGGIES Roasted Zucchini	
Your Team Kaitlin Hannigan, General Manager P: 570.255.2799 ma1124@metzcorp.com					Meal Prices Student Lunch \$2.25 Reduced Lunch \$0.00 Faculty Lunch \$4.85



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

