



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?						
29	30	31	1 No School	2 No School	<p>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>						
5 Fish Sticks or Pot Stickers FEATURED VEGGIES Mixed Vegetable	6 Chicken & Cheese Quesadilla FEATURED VEGGIES Golden Corn	7 Asian Sesame Chicken over Rice FEATURED VEGGIES Steamed Broccoli	8 Toasted Cheese FEATURED VEGGIES Tomato Soup	9 Cheese Pizza Crunchers with Dipping Sauce FEATURED VEGGIES Oven Roasted Zucchini	<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 white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p>						
12 Chicken Nuggets with Roll FEATURED VEGGIES Tater Tots	13 Beef Soft Tacos FEATURED VEGGIES Golden Corn	14 Chicken Patty on a Bun FEATURED VEGGIES Glazed Carrots	15 Corn Dog FEATURED VEGGIES Curly Fries	16 French toast Sticks w/ Sausage patty Early Dismissal FEATURED VEGGIES Tri Tater Hash browns	<p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p>						
19 No School	20 Walking Taco with Pretzel Stick FEATURED VEGGIES Golden Corn	21 Cheesesteak on a Roll FEATURED VEGGIES Ranchero Carrots	22 Meat sauce over Penne FEATURED VEGGIES Broccoli	23 Stuffed Crust Pizza FEATURED VEGGIES Steamed Peas							
26 Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli	27 Nachos Grande FEATURED VEGGIES Golden Corn	28 Chicken & Gravy over Biscuits FEATURED VEGGIES Carrots	29 Macaroni & Cheese FEATURED VEGGIES Stewed Tomatoes	30 Cheese Pizza FEATURED VEGGIES Steamed Green Beans							
<p>Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td><td>\$2.15</td></tr> <tr> <td>Reduced Lunch</td><td>\$0.00</td></tr> <tr> <td>Faculty Lunch</td><td>\$4.85</td></tr> </table> <p></p>			Student Lunch	\$2.15	Reduced Lunch	\$0.00	Faculty Lunch	\$4.85
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