

Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <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> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p> <div>Daily Alternates</div> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p>					
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger						
29	30	31	1	2						
			No School	No School						
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger						
5	6	7	8	9						
Cheeseburger Tater Tot Bowl	Buffalo Chicken Dip with Tortilla Chips	Dip & Dust Wings with Garlic Knot	Sausage & Pepper Sandwich	Sesame Chicken with over Fried Rice						
FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Mixed Veggies	FEATURED VEGGIES Sidewinder Fries	FEATURED VEGGIES Broccoli						
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger						
12	13	14	15	16						
Hand-Rolled Meatballs with Garlic Knot Spaghetti Marinara	Beef or Chicken Nachos Grande	Baked Beef & Sausage over Penne	Popcorn Chicken Bowl	French Toast Stick w/ Sausage Patty Early Dismissal						
FEATURED VEGGIES Mixed Veggies	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Steamed Peas	FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Tri Tater Hash Brown						
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger						
19	20	21	22	23						
No School	Nashville Chicken Sandwich	Smoky Chili with Warm Cornbread	Turkey & Provolone Sub	Jacked Up Fries						
FEATURED VEGGIES	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Roasted Cauliflower	FEATURED VEGGIES Steamed Peas	FEATURED VEGGIES Waffle Fries						
Chicken Patty	BBQ Rib Sandwich	Spicy Chicken Sandwich	Chicken Patty	Hamburger/Cheeseburger						
26	27	28	29	30						
Chicken & Waffles	Cheesesteak Hoagie	Hot Ham & Cheese Pretzel Melt	Build-Your-Own Burger	Italian Dunkers with Marinara						
FEATURED VEGGIES Green Beans	FEATURED VEGGIES Crinkle Cut Oven Fries	FEATURED VEGGIES Mixed Vegetables	FEATURED VEGGIES BBQ Baked Beans	FEATURED VEGGIES Brussel Sprouts						
<div>Your Team</div> <p>Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com</p>										
<div>Meal Prices</div> <table><tr><td>Student Lunch</td><td>\$2.25</td></tr><tr><td>Reduced Lunch</td><td>\$0.00</td></tr><tr><td>Faculty Lunch</td><td>\$4.85</td></tr></table>					Student Lunch	\$2.25	Reduced Lunch	\$0.00	Faculty Lunch	\$4.85
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<div> Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</div>										



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

