

Monday		Tuesday		Wednesday		Thursday		Friday	
Chicken Patty		BBQ Rib Sandwich		Spicy Chicken Sandwich		Chicken Patty		Hamburger/Cheeseburger	
								1 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn	
Chicken Patty		BBQ Rib Sandwich		Spicy Chicken Sandwich		Chicken Patty		Hamburger/Cheeseburger	
4 Italian Meatball & Cheese Hoagie FEATURED VEGGIES Carrots		5 Nacho Grande FEATURED VEGGIES Golden Corn		6 Cowboy Burger FEATURED VEGGIES Curly Fries		7 Asian Sesame Chicken over Brown Rice FEATURED VEGGIES Broccoli		8 Loaded Bacon Cheddar Pierogis with Dinner Roll FEATURED VEGGIES Mixed Vegetable	
Chicken Patty		BBQ Rib Sandwich		Spicy Chicken Sandwich		Chicken Patty		Hamburger/Cheeseburger	
11 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Tater Tots		12 Burrito Bowl FEATURED VEGGIES Golden Corn		13 Beef & Sausage Ziti FEATURED VEGGIES Glazed Carrots		14 Buffalo Chicken Dip over Tortilla Chips FEATURED VEGGIES Broccoli		15 Early Dismissal Waffle w/ Sausage FEATURED VEGGIES Tri Tator Hashbrowns	
Chicken Patty		BBQ Rib Sandwich		Spicy Chicken Sandwich		Chicken Patty		Hamburger/Cheeseburger	
18 Chicken Tenders with Seasoned Rice FEATURED VEGGIES Steamed Mixed Veggies		19 Nachos Grande FEATURED VEGGIES Golden Corn		20 Ranchero Jack Chicken Flatbread FEATURED VEGGIES Carrots		21 General Tso Chicken w/ Noodles FEATURED VEGGIES Broccoli		22 Early Dismissal Pancakes w/ Sausage FEATURED VEGGIES Tri Tator Hashbrowns	
Chicken Patty		BBQ Rib Sandwich		Spicy Chicken Sandwich		Chicken Patty		Hamburger/Cheeseburger	
25 School Closed		26 Beef Soft Tacos with Salsa FEATURED VEGGIES Steamed Golden Corn		27 Cheesesteak Hoagie FEATURED VEGGIES Roasted Carrots		28 Buffalo Chicken Flatbread FEATURED VEGGIES Steamed Garden Peas		29 Cheesy Pizza Crunchers with Marinara FEATURED VEGGIES Zucchini	
Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com		Meal Prices Student Lunch \$2.25 Reduced Lunch \$0.00 Faculty Lunch \$4.85							

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,

Daily Alternates

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps



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

