

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Werkz: Monday's Pasta! Choice of two daily pasta, spaghetti Sauce, Alfredo Sauce, Chicken, meatballs, Chicken, garlic bread, garlic knot, bread stick parmesan cheese. Customizable for (V)					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.
	1 Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES Curly Fries Black Bean Salsa	2 Indian Butter Chicken with Lemon Scented Rice & Warm Flatbread FEATURED VEGGIES Glazed Carrots Diced Tomato & Cucumber	3 No School	4 Season Pizza By The Slice FEATURED VEGGIES Side Garden Salad Veggie Patch	
Werkz: Tuesdays Nacho Bar! Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)					Choice of Vegetable Hot vegetable, leafy 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, chocolate, vanilla, and strawberry
7 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn Veggie Patch	8 Italian Meatball & Cheese on Toasted Baguette FEATURED VEGGIES Green Beans Veggie Patch	9 Loaded Pierogies FEATURED VEGGIES Roasted Sweet Potato Chickpea Salad	10 Chicken or Beef Philly Cheesesteak on Toasted Baguette FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	11 Season Pizza By The Slice FEATURED VEGGIES Side Garden Salad Veggie Patch	
Werkz: Wednesday's Potato Bar Choice of Baked Potato, or French fries, beef, chicken with gravy , sauteed red pepper, veggie stir-fry, or steamed broccoli. Tossed with sweet chili, soy garlic, or orange sauce. Customizable for (V)					Daily Alternates Fresh Garden Salad Chicken Caesar Salad Monday , Wednesday, Friday BBQ Chicken Cheese Wrap Chicken Patty Chicken Nuggets & Roll Pizza Tuesday & Thursday Taco Chicken Cheese Wrap Beef & Cheddar Wrap Grilled Cheese Chicken Nuggets with roll Pizza
14 Cheeseburger Tater Tot Bowl Customizable for (V) FEATURED VEGGIES Tater Tots Baby Carrots	15 Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Sesame Green Beans Veggie Patch	16 Dip & Dust Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Veggie Patch	17 Buffalo Chicken Dip over Tortilla Chips Cauliflower Dip FEATURED VEGGIES Lemon-Parm Broccoli Baby Carrots	18 Season Pizza By The Slice FEATURED VEGGIES Side Garden Salad Veggie Patch	
Werkz: Thursday's Hamburger Bar! Burger, Bacon, Asst. Cheese, Pickles, Hot peppers, Onion rings, Lettuce, Tomatoes, Onions , hamburger bun					Meal Prices Student Lunch \$4.10-\$4.60 Faculty Lunch \$4.60
21 Hand Rolled Meatballs Spaghetti Marinara (V) Garlic Knot FEATURED VEGGIES Steamed Mixed Veggies Tomato Mozzarella Salad	22 Fresh Dough Classic Stromboli Roll with Marinara FEATURED VEGGIES Zucchini Parmesan Soup Veggie Patch	23 Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	24 Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	25 Season Pizza By The Slice FEATURED VEGGIES Side Garden Salad Veggie Patch	
Werkz: Friday's Mac & Cheese Choice of house made cheese sauce, taco beef, pulled pork, buffalo chicken, or chili. Topped with roasted lemon-parmesan broccoli, sauteed red peppers, and choice of shredded cheese. Customizable for (V)					
28 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Broccoli Salad Veggie Patch	29 Chimichurri Pork Soft Tacos with Mango Salsa FEATURED VEGGIES Steamed Golden Corn Veggie Patch	30 Pizza Crunchers FEATURED VEGGIES Curried Chickpea Salad Veggie Patch	31 Variety of Toasted Crafted Flatbread FEATURED VEGGIES Steamed Garden Peas Veggie Patch		
Your Team Barbara Holmes, Food Service Director 856-429-3960 ext. 1136 ma1538@metzcorp.com					

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

