

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Werkz: Pasta! Choice of two daily pasta, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed 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.
3 General Tso's Chicken over White Rice FEATURED VEGGIES Steamed Broccoli Cucumber Salad	4 Chicken Quesadilla w/all the fixings FEATURED VEGGIES Curly Fries Veggie Patch	5 Baked Chicken with Mashed Potato & Gravy FEATURED VEGGIES Seasoned Green Beans Cucumber & Tomato Salad	6 Grilled Ham & Cheese FEATURED VEGGIES Tomato Soup Celery Sticks	7 Season Pizza Slice FEATURED VEGGIES Side Salad Veggie Patch	
Werkz: 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
10 Italian Meatball & Cheese on Toasted Baguette FEATURED VEGGIES Green Beans Veggie Patch	11 Pepper Steak Bowl with Rice FEATURED VEGGIES Sweet Chili Brussels Veggie Patch	12 Pizza Crunchers with pasta marinara FEATURED VEGGIES Baked Beans Veggie Patch	13 The Max Sticks with French Fries FEATURED VEGGIES Cheesy Broccoli Veggie Patch	14 Season Pizza Slice FEATURED VEGGIES Side Salad Veggie Patch	
Werkz: Potato Bar! Choice of baked potato, French Fries, Beef and Gravy, chicken & Gravy, Sautee Red Peppers, Broccoli, cheese, Sour Cream, breadstick					Daily Alternates Fresh Entree Salads Garden Chicken Caesar, Chef Salad Cold sandwiches, Italian Hoagie Turkey and cheese Hoagie Chicken Caesar Salad wrap Deli Bar Daily Hot Sandwiches Chicken Patties burgers, taco Chicken Cheese wrap Chicken nuggets with roll Beef and Cheddar wrap Grilled Cheese Taco chicken cheese wrap Corn dogs Pizza Daily
17	18	19 Loaded Pierogies with Garlic bread FEATURED VEGGIES Roasted Sweet Potatoes Veggie Patch	20 Buffalo Chicken Dip over Tortilla chips FEATURED VEGGIES Lemon Parm Broccoli Veggie Patch	21 Season Pizza Slice FEATURED VEGGIES Side Salad Veggie Patch	
Werkz: Hamburger Burger, Bun, Bacon, Assorted Cheeses, Pickels, Hot or sweet peppers, Lettuce, Tomato, Onions, Onion Rings.					
24 BBQ Pulled Pork Sandwich FEATURED VEGGIES Steamed Mixed Veggies Veggie Patch	25 Waffle Sticks with Sausage Patty & syrup cup FEATURED VEGGIES Glazed Carrots Veggie Patch	26 Chicken Tenders with roll French Fries FEATURED VEGGIES Sweet Potato Fries Veggie Patch	27 Buffalo Chicken Mac & Cheese Garlic Bread Stick FEATURED VEGGIES Roasted Zucchini Veggie Patch	28 Season Pizza Slice FEATURED VEGGIES Side Salad Veggie Patch	
Your Team Barbara Holmes, Food Service Director 856-429-3960 ext. 1136 ma1538@metzcorp.com			Meal Prices Student Lunch \$4.10-4.60 Reduced Lunch \$Free Faculty Lunch \$4.60-5.00		

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

