

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>Werkz: 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. Served with a whole grain dinner roll. Customizable for (V)</p>					
<p>3</p> <p>Chicken Nuggets with Buttered Noodles</p> <p>FEATURED VEGGIES Steamed Broccoli Veggie Patch</p>	<p>4</p> <p>Pasta and Mozzarella Sticks</p> <p>FEATURED VEGGIES Steamed Golden Corn Veggie Patch</p>	<p>5</p> <p>Chimichurri Pork Soft Taco's with Mango Salas</p> <p>FEATURED VEGGIES Sweet Corn Veggie Patch</p>	<p>6</p> <p>Classic Stromboli with Marinara Sauce</p> <p>FEATURED VEGGIES Roasted Zucchini Veggie Patch</p>	<p>7</p> <p>Season Pizza Slice</p> <p>FEATURED VEGGIES Side Salad Veggie Patch</p>	<p>What is a Meal?</p> <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>
<p>Werkz: Shawarma! Choice of beef kofta meatballs, chicken shawarma, or falafel (V) over lemon-scented rice or pita. Choice of feta, pickled onions, diced tomato and cucumber, black olives, romaine, tzatziki sauce, or spicy harissa sauce.</p>					
<p>10</p> <p>Bruschetta Sandwich with Chicken or Mozzarella Cheese (V) on Toasted Rosemary Focaccia Roll</p> <p>FEATURED VEGGIES Seasoned Green Beans Veggie Patch</p>	<p>11</p> <p>Choice of Buffalo Chicken or Seasoned Steak over French Fries</p> <p>FEATURED VEGGIES Crinkle Cut Oven Fries Veggie Patch</p>	<p>12</p> <p>Dip & Dust Wings with Garlic Knots</p> <p>FEATURED VEGGIES BBQ Baked Beans Veggie Patch</p>	<p>13</p> <p>Hand rolled Italian Meatball with Cheese</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>14</p> <p>Season Pizza Slice</p> <p>FEATURED VEGGIES Side Salad Veggie Patch</p>	<p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad,, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>Werkz: Pasta! Choice of two daily pasta, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)</p>					
<p>17</p> <p>General Tso's Chicken over White Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Veggie Patch</p>	<p>18</p> <p>Beef Enchilada Black Bean Enchilada (V)</p> <p>FEATURED VEGGIES Curly Fries Veggie Patch</p>	<p>19</p> <p>Orange Chicken with scallions over rice</p> <p>FEATURED VEGGIES Glazed Carrots Veggie Patch</p>	<p>20</p> <p>Grilled Ham & Cheese Classic Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Tomato Soup Veggie Patch</p>	<p>21</p> <p>Season Pizza Slice</p> <p>FEATURED VEGGIES Side Salad Veggie Patch</p>	<p>Daily Alternates</p> <p>Fresh Entree Salads Garden Chicken Caesar, Chef Salad</p> <p>Cold sandwiches, Italian Hoagie Turkey and cheese Hoagie Chicken Caesar Salad wrap Deli Bar</p> <p>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</p>
<p>Werkz: Poblano's Mex-American! 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)</p>					
<p>24</p> <p>Italian Meatball & Cheese on Toasted Baguette Italian Dunkers with Sauce (V)</p> <p>FEATURED VEGGIES Green Beans Veggie Patch</p>	<p>25</p> <p>Pepper Steak Bowl with Chow Mein Noodles</p> <p>FEATURED VEGGIES Sweet Chili Brussels Veggie Patch</p>	<p>26</p> <p>Pizza Crunchers with Pasta Marinara</p> <p>FEATURED VEGGIES Baked Beans Veggie Patch</p>	<p>27</p> <p>Hawaiian Pork Sandwich on a Toasted Ciabatta</p> <p>FEATURED VEGGIES Cheesy Broccoli Veggie Patch</p>	<p>28</p> <p>Season Pizza Slice</p> <p>FEATURED VEGGIES Side Salad Veggie Patch</p>	
<p>Werkz: Poblano's Mex-American! 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)</p>					
<p>31</p> <p>Nashville Hot Maple Flatbread Chicken Sandwich</p> <p>FEATURED VEGGIES Broccoli with Lemon Parm Veggie Patch</p>					
<p>Your Team</p> <p>Barbara Holmes, Food Service Director 856-429-3960 ext. 1136 ma1538@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Lunch \$4.10-4.60 Reduced Lunch \$0.00 Faculty Lunch \$4.60</p>		

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

