

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<b>Werkz: Pasta Bar</b>					<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b> Monday, Wednesday &amp; Friday Grill Cheese, Cheese burger, Chicken Nuggets, Pizza Turkey &amp; Cheese Hoagie, Italian Hoagie, chicken Salad Wrap, Garden Salad w/egg &amp; cheese roll, Chef Salad, Chicken Caesar Salad</p> <p>Tuesday &amp; Thursday Chicken Patty, Corn Dogs, Pizza, Ham &amp; Cheese Hoagie, American Hoagie, Garden Salad w/ egg &amp; Cheese, Chef Salad, Chicken Caesar Salad</p>						
<p>3 <b>Hot Dog Bar</b></p> <p><b>FEATURED VEGGIES</b> Seasoned Green Beans Veggie Patch</p>	<p>4 Pizza Crunchers w/ buttered Pasta</p> <p><b>FEATURED VEGGIES</b> Steamed Golden Corn Veggie Patch</p>	<p>5 Cheese Steak w/ French Fries</p> <p><b>FEATURED VEGGIES</b> Baked Beans Veggie Patch</p>	<p>6 Meatball Parm Sandwich</p> <p><b>FEATURED VEGGIES</b> Lemon Parm Broccoli Veggie Patch</p>	<p>7 Season Pizza Slice</p> <p><b>FEATURED VEGGIES</b> Side Salad Veggie Patch</p>							
<b>Werkz: Nacho Taco Bar.</b>											
<p>10 Mashed Potato Chicken Bowl w/ gravy and roll</p> <p><b>FEATURED VEGGIES</b> Zoodles Marinara Fresh Bruschetta</p>	<p>11 Salad Bar</p> <p><b>FEATURED VEGGIES</b> Veggie Patch</p>	<p>12 Popcorn Chicken w/ pasta and roll</p> <p><b>FEATURED VEGGIES</b> Baked Beans Veggie Patch</p>	<p>13 Chicken Cheese Steak Hoagie</p> <p><b>FEATURED VEGGIES</b> French Fries/ Corn Veggie Patch</p>	<p>14 Season Pizza Slice</p> <p><b>FEATURED VEGGIES</b> Side Salad Veggie Patch</p>							
<b>Werkz: Potato Bar</b>											
<p>17 General Tso's Chicken over White Rice</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch</p>	<p>18 Chicken Quesadilla w/ all the fixings</p> <p><b>FEATURED VEGGIES</b> Curly Fries Veggie Patch</p>	<p>19 Chicken Tenders with mashed potatoes &amp; gravy</p> <p><b>FEATURED VEGGIES</b> Sweet Corn Veggie Patch</p>	<p>20 Grilled Ham &amp; Cheese</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Veggie Patch</p>	<p>21 Season Pizza Slice Plant-Based Nuggets (V)</p> <p><b>FEATURED VEGGIES</b> Side Salad Veggie Patch</p>							
<b>Werkz: Hamburger Bar</b>											
<p>24 Italian Meatball &amp; Cheese on Toasted Baguette</p> <p><b>FEATURED VEGGIES</b> Green Beans Veggie Patch</p>	<p>25 Pepper Steak Bowl with Rice</p> <p><b>FEATURED VEGGIES</b> Corn Veggie Patch</p>	<p>26 Pizza Crunchers w/ pasta marinara</p> <p><b>FEATURED VEGGIES</b> Baked Beans Veggie Patch</p>	<p>27 Max Sticks w/marinara and French Fries</p> <p><b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Grape Tomatoes</p>	<p>28 Season Pizza Slice</p> <p><b>FEATURED VEGGIES</b> Side Salad Veggie Patch</p>							
<b>Werkz: Breakfast Bar</b>											
<p>31 French Toast w/Sausage Patty and Syrup cup</p> <p><b>FEATURED VEGGIES</b> Tater Tots Veggie Patch</p>											
<p><b>Your Team</b> Barbara Holmes, Food Service Director 856-429-3960 ext. 1136 <a href="mailto:ma1538@metzcorp.com">ma1538@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$4.10-4.60</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.60</td> </tr> </table>		Student Lunch	\$4.10-4.60	Reduced Lunch	\$0.00	Faculty Lunch	\$4.60	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

