

Monday	Tuesday	Wednesday	Thursday	Friday	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, fat-free vanilla, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
Cheeseburger/Hamburger		Spicy Chicken Patty		BBQ Rib Hoagie	
29	30	1	2	3	
		Chicken Bacon Ranch Sandwich	Classic Toasted Cheese Sandwich	Popcorn Chicken Mashed Potato Bowl with Roll	
		FEATURED VEGGIES Steamed Peas	FEATURED VEGGIES Tomato Soup	FEATURED VEGGIES Steamed Corn	
Chicken Patty		Spicy Chicken Patty		Cheeseburger/Hamburger	
6	7	8	9	10	
Italian Meatball & Cheese on a Bun	Pepper Steak Bowl with Lo Mein Noodles	Cowboy Burger	Philly Cheesesteak on a Bun	Loaded Bacon Cheddar Pierogis w/ Dinner Roll	
FEATURED VEGGIES Green Beans	FEATURED VEGGIES Sweet Chili Brussels	FEATURED VEGGIES Curly Fries	FEATURED VEGGIES Roasted Broccoli	FEATURED VEGGIES Roasted Sweet Potato	
Chicken Patty		Spicy Chicken Patty		Cheeseburger/Hamburger	
13	14	15	16	17	
Cheeseburger Tater Tot Bowl	Sesame Chicken with Brown Rice	Dixie Dog	Turkey & Provolone Sub	Buffalo Chicken Dip over Tortilla Chips	
FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Green beans	FEATURED VEGGIES BBQ Baked Beans	FEATURED VEGGIES Sidewinder Fries	FEATURED VEGGIES Lemon-Parm Broccoli	
Chicken Patty		Spicy Chicken Patty		Cheeseburger/Hamburger	
20	21	22	23	24	
Chicken Tenders w/ Seasoned Rice	Chicken or Beef Nacho Grande	Hawaiian Pork Sandwich on Toasted Ciabatta w/ Pineapple Coleslaw	Fish Sandwich on a Whole Grain Bun	Cheesy Pizza Crunchers with Marinara	
FEATURED VEGGIES Steamed Mixed Veggies	FEATURED VEGGIES Steamed Golden Corn	FEATURED VEGGIES Sweet Potato Fries	FEATURED VEGGIES Garlic Parm Green Beans	FEATURED VEGGIES Roasted Zucchini	
Chicken Patty		Spicy Chicken Patty		Cheeseburger/Hamburger	
27	28	29	30	31	
Chicken Nuggets with Buttered Noodles	Beef Soft Tacos w/ Pico	Chicken Alfredo over Penne Pasta w/ Garlic Toast	Buffalo Chicken Flatbread	 Early Dismissal Breakfast for Lunch: Egg, Ham & Cheese Croissant 	
FEATURED VEGGIES Buttered Carrots	FEATURED VEGGIES Steamed Golden Corn	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Steamed Garden Peas	FEATURED VEGGIES Tri Hash Brown	
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			

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

