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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
WG Lemon Blueberry Crispy Bite Cracker	WG Cheerios	WG Bagel w/ Cream Cheese	6 WG Kix Cereal	<b>7</b> WG Banana Muffin	1% White Milk Served Daily
100% 4 oz Apple Juice	½ Banana	100% 4 oz. Apple Juice	½ Orange	Apple Slices	
10 WG Lemon Blueberry Crispy Bite Cracker	WG Cheerios	WG Bagel w/ Cream Cheese	WG Kix Cereal	<b>14</b> WG Banana Muffin	
100% 4 oz Apple Juice	½ Banana	100% 4 oz Apple Juice	½ Orange	Apple Slices	
WG Lemon Blueberry Crispy Bite Cracker	WG Cheerios	WG Bagel w/ Cream Cheese	<b>20</b> WG Kix Cereal	<b>21</b> WG Banana Muffin	
100% 4 oz Apple Juice	½ Banana	100% 4 oz Apple Juice	½ Orange	Apple Slices	
24	2	5 26	27	28	
WG Lemon Blueberry Crispy Bite Cracker	WG Cheerios	WG Bagel w/ Cream Cheese	WG Kix Cereal	WG Banana Muffin	
100% 4 oz Apple Juice	½ Banana	100% 4 oz Apple Juice	½ Orange	Apple Slices	
31 WG Lemon Blueberry Crispy Bite Cracker					
100% 4 oz Apple Juice					
Your Team  Dawn Janelli, Food Serv 609.487.7900ext. 5070 ma1607@metzcorp.com	rice Director	•	Meal Prices Student Breakfast Reduced Breakfast Faculty Breakfast	\$2.25 \$0.00 \$2.55	Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal?
Breakfast Pizza	Cini Minni	Fruit & Yogurt Parfait	Apple Strudel	Egg & Cheese on English Muffin	Students must choose at least 3 of the 4 components available for the school breakfast price.
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	- Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
10	11	12	13	14	A minimum ½ cup serving of fruit or
French Toast Sticks & Sausage	Mini Waffles	Chocolate Chip French Toast	Pancakes & Bacon	Mini Cinni	vegetable must accompany a reimbursable breakfast.
Ü					Whole Grain Cereals (served with toast)
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios,
17	18	19	20	21	Froot Loops, Frosted Flakes
Apple Strudel	Bacon, Egg & Cheese on English Muffin	Fruit & Yogurt Parfait	Mini Waffles	Chocolate Chip French Toast	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Milk
24	25	26	with Graham Grackers	with Granam Grackers	1% white, fat-free white, chocolate, vanilla, and strawberry
Apple Strudel	Mini Cinni	French Toast Sticks w/ Sausage	Egg & Cheese Sandwich	Breakfast Pizza	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
31					
Dunkin Sticks					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may
Assorted Cereals or Cereal Bar with Graham Crackers					contain dairy and/or egg (VG) Vegan These items do not contain any animal products
Your Team			Meal Prices		1/0+-
Dawn Janelli, Food Set 609.487.7900 ext. 5070 ma1607@metzcorp.com			Student Breakfast Reduced Breakfast Faculty Breakfast	\$2.25 \$0.00 \$2.65	CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal?
Turkey & Cheese Melt on a Pretzel Bun	Meatball & Cheese on a Roll	Grilled Cheese & Chicken Noodle Soup	Chicken Fajita w/ Cheese	Cheese Pizza	Students must choose at least 3 of the 5 components available for the school lunch price.
FEATURED VEGGIES Sweet Potato Fries	FEATURED VEGGIES Steamed Rice	FEATURED VEGGIES Apple Sauce	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Steamed Corn	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
10	11	12	13	14	A minimum 1/ our consing of fruit or
Chicken Nuggets w/ a Roll	Cheeseburger on a Bun	School Closed	Baked Ziti	Italian Dunkers	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
FEATURED VEGGIES Curly Fries	FEATURED VEGGIES Steamed Carrots	FEATURED VEGGIES	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Sweet Potato Fries	Choice of Vegetable  Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
17	18	19	20	21	Choice of Fruit
Walking Taco	Cheesesteak on a Roll	Classic Sloppy Joe	Chicken Patty on a Bun	Cheese Pizza	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Steamed Carrots	Choice of Milk  1% white, fat-free white, chocolate, vanilla, and strawberry
24	25	26	27	28	
Pasta with Meatballs	Soft Taco	Cheeseburger on a Bun	Hot Turkey Sandwich with Gravy	Pepperoni Pizza	Daily Alternates  • Fresh Entree Salad of the Week
FEATURED VEGGIES Steamed Zucchini	FEATURED VEGGIES Corn Salad	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Sweet Potato Fries	Whole Melted Cheese Sandwich  '2 Cheese Sandwich & Yogurt with Goldfish Crackers  Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish
31					Crackers
Chicken Nuggets w/ a Roll					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
FEATURED VEGGIES Curly Fries					(VG) Vegan These items do not contain any animal products
Your Team			Meal Prices		7 7 7 - + -
Dawn Janelli, Food Se 609.487.7900 ext. 5070 ma1607@metzcorp.com	)		Student Lunch Reduced Lunch Faculty Lunch	\$3.50 \$0.00 \$5.00	LVLETZ CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal?
Turkey & Cheese Melt on a Pretzel Bun	Meatball & Cheese on a Roll	Grilled Cheese & Chicken Noodle Soup	Chicken Fajita w/ Cheese	Cheese Pizza	Students must choose at least 3 of the 5 components available for the school lunch price.
FEATURED VEGGIES Sweet Potato Fries	FEATURED VEGGIES Steamed Rice	FEATURED VEGGIES Apple Sauce	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Steamed Corn	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
10 Chicken Nuggets w/ a Roll	Cheeseburger on a Bun	Sun Butter & Jelly w/ String Cheese	<b>13</b> Baked Ziti	14 Italian Dunkers	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
FEATURED VEGGIES Curly Fries	FEATURED VEGGIES Steamed Carrots	FEATURED VEGGIES	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Sweet Potato Fries	Choice of Vegetable  Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
17	18	19	20	21	Choice of Fruit
Walking Taco	Cheesesteak on a Roll	Classic Sloppy Joe	Chicken Patty on a Bun	Cheese Pizza	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Steamed Carrots	Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
24	25	26	27	28	
Pasta with Meatballs	Soft Taco	Cheeseburger on a Bun	Hot Turkey Sandwich with Gravy	Pepperoni Pizza	Daily Alternates  • Fresh Entree Salad of the Week
FEATURED VEGGIES Steamed Zucchini	FEATURED VEGGIES Corn Salad	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Sweet Potato Fries	Whole Melted Cheese Sandwich  '2 Cheese Sandwich & Yogurt with Goldfish Crackers  Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish
31					Crackers
Chicken Nuggets w/ a Roll					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may
FEATURED VEGGIES Curly Fries					contain dairy and/or egg (VG) Vegan These items do not contain any animal products
Your Team			Meal Prices		(C) 1 C
Jennifer Michener, Foc 609.822.1477 ext. 5031 Jmichener@margatesch	8		Student Lunch Reduced Lunch Faculty Lunch	\$4.75 \$0.00 \$6.00	CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal?
Turkey & Cheese Melt on a Pretzel Bun	Meatball & Cheese on a Roll	Grilled Cheese & Chicken Noodle Soup	Chicken Fajita w/ Cheese	Cheese Pizza	Students must choose at least 3 of
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	the 5 components available for the school lunch price.
FEATURED VEGGIES Sweet Potato Fries Steamed Peas	FEATURED VEGGIES Garden Salad Steamed Rice	FEATURED VEGGIES Steamed Broccoli Apple Sauce	FEATURED VEGGIES Peppers & Onions Oven Fries	FEATURED VEGGIES Steamed Corn Tater Tots	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
10	11	12	13	14	A minimum ½ cup serving of fruit or
Chicken Nuggets w/ a Roll	Cheeseburger on a Bun	School Closed	Baked Ziti	Italian Dunkers	vegetable must accompany a
Buffalo Chicken Salad	Tuna Salad	School Closed	Chicken Ceasar Salad	Tuna Salad	reimbursable lunch.
					Choice of Vegetable
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	Hot vegetable, leafy salad,
Curly Fries Steamed Green Beans	Steamed Carrots Sweet Potatoes		Garden Salad Steamed Broccoli	Sweet Potato Fries Steamed Zucchini	composed bean salad, seasonal fresh vegetables
		10			noon regulation
17	18	19	20	21	Choice of Fruit
Walking Taco	Cheesesteak on a Roll	Classic Sloppy Joe	Chicken Patty on a Bun	Cheese Pizza	Seasonal fresh fruits, canned fruit in light syrup, 100%
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	fruit juice
FEATURED VEGGIES Salsa Steamed Corn	FEATURED VEGGIES Tater Tots Vegetarian Beans	FEATURED VEGGIES Oven Fries Steamed Peas	FEATURED VEGGIES Steamed Rice Steamed Broccoli	FEATURED VEGGIES Applesauce Steamed Carrots	Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
24	25	26	27	28	
Pasta with Meatballs	Soft Taco	Cheeseburger on a Bun	Hot Turkey Sandwich with	Pepperoni Pizza	Daily Alternates
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	Fresh Entree Salad of the
FEATURED VEGGIES Steamed Zucchini	FEATURED VEGGIES Corn Salad	FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Mashed Potatoes	FEATURED VEGGIES Sweet Potato Fries	Week  Whole Melted Cheese Sandwich  '2 Cheese Sandwich & Yogurt with Goldfish Crackers
Tater Tots	Salsa	Steamed Green Beans	Steamed Peas	Steamed Corn	Sun Butter & Jelly Sandwich w/
31					String Cheese & Goldfish Crackers
Chicken Nuggets w/ a Roll					
Buffalo Chicken Salad					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may
FEATURED VEGGIES  Curly Fries  Carrot Sticks					contain dairy and/or egg (VG) Vegan These items do not contain any animal products
Your Team			Meal Prices		(C) 1 C
Dawn Janelli, Food Ser 609.487.7900 ext. 5070 ma1607@metzcorp.com			Student Lunch Reduced Lunch Faculty Lunch	\$3.50 \$0.00 \$5.00	CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal?
Turkey & Cheese Melt on a Pretzel Bun	Meatball & Cheese on a Roll	Grilled Cheese & Chicken Noodle Soup	Chicken Fajita w/ Cheese	Cheese Pizza	Students must choose at least 3 of
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	the 5 components available for the school lunch price.
FEATURED VEGGIES Sweet Potato Fries Steamed Peas	FEATURED VEGGIES Garden Salad Steamed Rice	FEATURED VEGGIES Steamed Broccoli Apple Sauce	FEATURED VEGGIES Peppers & Onions Oven Fries	FEATURED VEGGIES Steamed Corn Tater Tots	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
10	11	12	13	14	A minimum ½ cup serving of fruit or
Chicken Nuggets w/ a Roll	Cheeseburger on a Bun	Sun Butter & Jelly w/ String	Baked Ziti	Italian Dunkers	vegetable must accompany a
Buffalo Chicken Salad	Tuna Salad	Cheese	Chicken Ceasar Salad	Tuna Salad	reimbursable lunch.
					Choice of Vegetable
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	Hot vegetable, leafy salad,
Curly Fries Steamed Green Beans	Steamed Carrots Sweet Potatoes	Carrot Sticks Apple Slices	Garden Salad Steamed Broccoli	Sweet Potato Fries Steamed Zucchini	composed bean salad, seasonal fresh vegetables
		• • • • • • • • • • • • • • • • • • • •			nesn vegetables
17	18	19	20	21	Choice of Fruit
Walking Taco	Cheesesteak on a Roll	Classic Sloppy Joe	Chicken Patty on a Bun	Cheese Pizza	Seasonal fresh fruits,
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	canned fruit in light syrup, 100% fruit juice
FEATURED VEGGIES Salsa Steamed Corn	FEATURED VEGGIES Tater Tots Vegetarian Beans	FEATURED VEGGIES Oven Fries Steamed Peas	FEATURED VEGGIES Steamed Rice Steamed Broccoli	FEATURED VEGGIES Applesauce Steamed Carrots	Choice of Milk  1% white, fat-free white, chocolate, vanilla, and strawberry
24	25	26	27	28	
Pasta with Meatballs	Soft Taco	Cheeseburger on a Bun	Hot Turkey Sandwich with	Pepperoni Pizza	Daily Alternates
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	Fresh Entree Salad of the
					Week  Whole Melted Cheese
FEATURED VEGGIES Steamed Zucchini Tater Tots	FEATURED VEGGIES Corn Salad Salsa	FEATURED VEGGIES Oven Fries Steamed Green Beans	FEATURED VEGGIES Mashed Potatoes Steamed Peas	FEATURED VEGGIES Sweet Potato Fries Steamed Corn	Sandwich  '2 Cheese Sandwich & Yogurt with Goldfish Crackers  Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish
31					Crackers
Chicken Nuggets w/ a Roll					(V) Vegetarian
Buffalo Chicken Salad					These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
FEATURED VEGGIES Curly Fries					(VG) Vegan These items do not contain any
Carrot Sticks					animal products
Your Team  Jennifer Michener, Foc 609.822.1477 ext. 318 Jmichener@maragetsch			Meal Prices Student Lunch Reduced Lunch Faculty Lunch	\$5.50 \$0.00 \$6.00	Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES
Jmichener@maragetsch	ools.org		Faculty Lunch	\$6.00	ENVIRONMENTAL SERVICES



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal?
Turkey & Cheese Melt on a Pretzel Bun	Meatball & Cheese on a Roll	Grilled Cheese & Chicken Noodle Soup	Chicken Fajita w/ Cheese	Cheese Pizza	Students must choose at least 3 of
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	the 5 components available for the school lunch price.
FEATURED VEGGIES Sweet Potato Fries Steamed Peas	FEATURED VEGGIES Garden Salad Steamed Rice	FEATURED VEGGIES Steamed Broccoli Apple Sauce	FEATURED VEGGIES Peppers & Onions Oven Fries	FEATURED VEGGIES Steamed Corn Tater Tots	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
10	11	12	13	14	A minimum ½ cup serving of fruit or
Chicken Nuggets w/ a Roll	Cheeseburger on a Bun	Sun Butter & Jelly w/ String	Baked Ziti	Italian Dunkers	vegetable must accompany a
Buffalo Chicken Salad	Tuna Salad	Cheese	Chicken Ceasar Salad	Tuna Salad	reimbursable lunch.
					Choice of Vegetable
FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	FEATURED VEGGIES	Hot vegetable, leafy salad,
Curly Fries Steamed Green Beans	Steamed Carrots Sweet Potatoes	Carrot Sticks Apple Slices	Garden Salad Steamed Broccoli	Sweet Potato Fries Steamed Zucchini	composed bean salad, seasonal fresh vegetables
					Toda Vogotables
17	18	19	20	21	Choice of Fruit
Walking Taco	Cheesesteak on a Roll	Classic Sloppy Joe	Chicken Patty on a Bun	Cheese Pizza	Seasonal fresh fruits, canned fruit in light syrup, 100%
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	fruit juice
FEATURED VEGGIES Salsa Steamed Corn	FEATURED VEGGIES Tater Tots Vegetarian Beans	FEATURED VEGGIES Oven Fries Steamed Peas	FEATURED VEGGIES Steamed Rice Steamed Broccoli	FEATURED VEGGIES Applesauce Steamed Carrots	Choice of Milk  1% white, fat-free white, chocolate, vanilla, and strawberry
24	25	26	27	28	
Pasta with Meatballs	Soft Taco	Cheeseburger on a Bun	Hot Turkey Sandwich with	Pepperoni Pizza	Daily Alternates
Buffalo Chicken Salad	Tuna Salad	Buffalo Chicken Salad	Chicken Ceasar Salad	Tuna Salad	Fresh Entree Salad of the
FEATURED VEGGIES Steamed Zucchini Tater Tots	FEATURED VEGGIES Corn Salad Salsa	FEATURED VEGGIES Oven Fries Steamed Green Beans	FEATURED VEGGIES Mashed Potatoes Steamed Peas	FEATURED VEGGIES Sweet Potato Fries Steamed Corn	Week Whole Melted Cheese Sandwich '2 Cheese Sandwich & Yogurt with Goldfish Crackers Sun Butter & Jelly Sandwich w/ String Cheese & Goldfish
31					Crackers
Chicken Nuggets w/ a Roll					(V) Vegetarian
Buffalo Chicken Salad					These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
FEATURED VEGGIES Curly Fries Carrot Sticks					(VG) Vegan These items do not contain any animal products
Your Team			Meal Prices		7 7 7 - + -
Jennifer Michener, Foo 609.822.1477 ext. 318 Jmichener@maragetsch			Student Lunch Reduced Lunch Faculty Lunch	\$4.75 \$0.00 \$6.00	LVLETZ  CULINARY MANAGEMENT ENVIRONMENTAL SERVICES