



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Diced Tomatoes Roasted Zucchini</p>
<p>4</p> <p>Buffalo Chicken Dip with Chips Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Oven Fries Vegetarian Beans</p>	<p>5</p> <p>Mac & Cheese Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Stewed Tomatoes Mixed Vegetables</p>	<p>6</p> <p>Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Peas</p>	<p>7</p> <p>Chicken & Cheese Quesadilla Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Tater Tots Steamed Corn</p>	<p>8</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad</p>
<p>11</p> <p>Chicken & Mashed Potato Bowl Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Corn</p>	<p>12</p> <p>Beef Soft Tacos Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Vegetarian Beans Diced Tomatoes</p>	<p>13</p> <p>Pizza Dippers w/ Marinara Sauce Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli Carrot Sticks</p>	<p>14</p> <p>Hot Ham & Cheese on a Pretzel Roll Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Baked Beans Tomato Salad</p>	<p>15</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad</p>
<p>18</p> <p>Chicken Parm Sandwich Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Garden Salad Tater Tots</p>	<p>19</p> <p>Nachos Grande with Tortilla Chips Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Refried Beans Lettuce & Tomato</p>	<p>20</p> <p>Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Glazed Carrots Steamed Broccoli</p>	<p>21</p> <p>Chicken Tenders with Soft Pretzel Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Curly Fries Apple Cider Slaw</p>	<p>22</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Oven Brownd Sweet Potato Corn Salad</p>
<p>25</p> <p>Memorial Day School Closed</p>	<p>26</p> <p>Chicken Patty on a Bun Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad</p>	<p>27</p> <p>Cheesesteak on a Roll Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Tater Tots Steamed Carrots</p>	<p>28</p> <p>Chicken Alfredo over Penne Pasta with Garlic Bread Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch</p>	<p>29</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Cherry Tomatoes Cucumber Slices</p>

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 chocolate, fat-free strawberry

Daily Alternates

½ Cheese & Yogurt Meal with Goldfish Crackers

Melted Cheese Sandwich

Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Dawn Janelli, Food Service Director
609.487.7900
ma1607@metzcorp.com

Meal Prices

Student Lunch	\$3.65
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00





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				1 Cheese Pizza FEATURED VEGGIES Roasted Zucchini
4 Chicken Nuggets FEATURED VEGGIES Oven Fries	5 Mac & Cheese FEATURED VEGGIES Mixed Vegetables	6 Cheeseburger on a Bun FEATURED VEGGIES Mashed Potatoes	7 Chicken & Cheese Quesadilla FEATURED VEGGIES Tater Tots	8 Cheese Pizza FEATURED VEGGIES Roasted Sweet Potatoes
11 Chicken & Mashed Potato Bowl FEATURED VEGGIES Mashed Potatoes	12 Beef Soft Tacos FEATURED VEGGIES Vegetarian Beans	13 Pizza Dippers w/ Marinara Sauce FEATURED VEGGIES Steamed Broccoli	14 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Baked Beans	15 Cheese Pizza FEATURED VEGGIES Oven Roasted Zucchini
18 Chicken Parm Sandwich FEATURED VEGGIES Tater Tots	19 Nachos Grande with Tortilla Chips FEATURED VEGGIES Lettuce & Tomato	20 Cowboy Burger on a Bun FEATURED VEGGIES Glazed Carrots	21 Chicken Tenders with Soft Pretzel FEATURED VEGGIES Curly Fries	22 Cheese Pizza FEATURED VEGGIES Oven Browned Sweet Potato
25 Memorial Day School Closed	26 Chicken Patty on a Bun FEATURED VEGGIES Mexicali Corn	27 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots	28 Chicken Alfredo over Penne Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli	29 Cheese Pizza FEATURED VEGGIES Cucumber Slices

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