



**Meet Your Nutritious Friend:**  
"Papa" Corn

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Offered Daily  |
|---|---|---|---|--|--|
|   | <p><b>1</b></p> <p>Tacos on Soft Tortillas w/ Toppings</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Corn<br/>Mixed Veggies w/ Ranch</p>             | <p><b>2</b></p> <p>Hot Dog on a w/g Bun</p> <p><b>VEGGIES &amp; FRUITS</b><br/>French Fries<br/>Baked Beans<br/>Mixed Veggies w/ Ranch</p>    | <p><b>3</b></p> <p>Chicken Patty on a Bun</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Seasoned Green Beans<br/>Mixed Veggies w/ Ranch</p>  | <p><b>4</b></p> <p>Nardone's Stuffed Crust Pizza</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Caesar Salad</p>           | <p><b>What is a Meal?</b></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"> <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><br/>Hot and cold vegetables</p> <p><b>Choice of Fruit</b><br/>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b><br/>1% white,, chocolate, Lactaid and strawberry</p> <p><b>Daily Alternates</b><br/>(Uncrustable Meal) Smucker's peanut butter and jelly, goldfish and a cheese stick (Cereal Meal) assorted cereal, goldfish crackers, yogurt and a cheese stick</p> <p>Cheeseburger on a w/g bun</p> |
| <p><b>7</b></p> <p>Dutch Waffle w/ Sausage</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Hashbrown<br/>Mixed Veggies w/ Ranch</p>                    | <p><b>8</b></p> <p>Nacho's Grande w/ Toppings</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Corn<br/>Mixed Veggies w/ Ranch</p>                      | <p><b>9</b></p> <p>Meatball Sandwich on a w/g Torp</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Seasoned Green Beans<br/>Mixed Veggies w/ Ranch</p> | <p><b>10</b></p> <p>Chicken Tenders and Mac &amp; Cheese</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Peas<br/>Mixed Veggies w/ Ranch</p>   | <p><b>11</b></p> <p>Cheese Quesadillas</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Garden Salad</p>                     |  |
| <p><b>14</b></p> <p><b>School Closed</b></p>  | <p><b>15</b></p> <p>Walking Taco w/ a Churro</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Corn<br/>Toasty Bean Bites<br/>Mixed Veggies w/ Ranch</p> | <p><b>16</b></p> <p>Chicken Cheesesteak on w/g Torp</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Tater Tots<br/>Mixed Veggies w/ Ranch</p>          | <p><b>17</b></p> <p>Chicken Wings w/ a w/g Dinner Roll</p> <p><b>VEGGIES &amp; FRUITS</b><br/>French Fries<br/>Mixed Veggies w/ Ranch</p>   | <p><b>18</b></p> <p>Nardone's Personal Pan Pizza</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Caesar Salad</p>           |  |
| <p><b>21</b></p> <p>Belgium Waffle w/Strawberries &amp; Bacon</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Hashbrown<br/>Mixed Veggies w/ Ranch</p> | <p><b>22</b></p> <p>Nacho's &amp; Cheese</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Carrots<br/>Mixed Veggies w/ Ranch</p>                        | <p><b>23</b></p> <p>Corn Dogs</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Seasoned Waffle Fries<br/>Baked Beans<br/>Mixed Veggies w/ Ranch</p>     | <p><b>24</b></p> <p>Popcorn Chicken w/ Corn Muffin</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Mashed Potatoes<br/>Corn<br/>Mixed Veggies w/ Ranch</p>   | <p><b>25</b></p> <p>Stuffed Bread Sticks w/ Marinara Sauce</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Garden Salad</p> |  |
| <p><b>28</b></p> <p>French Toast Sticks w/Syrup</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Tater Tots<br/>Mixed Veggies w/ Ranch</p>              | <p><b>29</b></p> <p>Walking Taco w/ Churro</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Corn<br/>Toasty Bean Bites<br/>Mixed Veggies w/ Ranch</p>   | <p><b>30</b></p> <p>Grilled Cheese w/ Tomato Soup</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Hashbrown<br/>Mixed Veggies w/ Ranch</p>             | <p><b>31</b></p> <p><b>Happy Halloween</b></p> <p>Chicken Finger Fries w/ a Tombstone Bread Stick</p> <p><b>VEGGIES &amp; FRUITS</b><br/>Spooky Broccoli Trees<br/>Mixed Veggies w/ Ranch</p> |  | <p><b>(V) Vegetarian</b><br/>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b><br/>These items do not contain any animal products</p>  |

**Your Team**  
**Kristine Colo, Food Service Director**  
 856.224.4900 ext. 2128  
[ma1535@metzcorp.com](mailto:ma1535@metzcorp.com)

**Meal Prices**

|               |        |
|---------------|--------|
| Student Lunch | \$3.75 |
| Reduced Lunch | \$0.00 |
| Faculty Lunch | \$5.00 |



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