



Meet Your Nutritious Friend:
Twist & Sprout

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 1 <u>MAPLE PANCAKES & 2 PORK LINKS</u> <u>FEATURED VEGGIES</u> OVEN FRIES BROCCOLI BITES | 2 <u>WALKING BEEF TACO with SCOOP CHIPS</u> <u>FEATURED VEGGIES</u> GREEN BEANS CARROT STICKS 100 % JUICE CUP | 3 <u>GRILLED CHEESE SANDWICH & 8oz TOMATO SOUP BOWL</u> <u>FEATURED VEGGIES</u> HASHBROWNS GREEN PEPPER STRIPS | 4 <u>CHICKEN NUGGETS & GARLIC BREADSTICK</u> <u>FEATURED VEGGIES</u> GLAZED CARROTS CORN SALAD 100 % JUICE CUP | 5 <u>4" GALAXY ROUND CHEESE PIZZA</u> <u>FEATURED VEGGIES</u> SWEET POTATO FRIES CHICKPEA SALAD |
| 8 <u>EGG & CHEESE WAFFLE FLATBREAD</u> <u>FEATURED VEGGIES</u> TATER TOTS CUCUMBER SLICES | 9 <u>BEEF NACHO GRANDE</u> <u>FEATURED VEGGIES</u> STEAMED CORN BLACK BEAN SALSA 100 % JUICE CUP | 10 <u>MEATBALL PARM SANDWICH</u> <u>FEATURED VEGGIES</u> GREEN BEANS CARROT STICKS | 11 <u>CHICKEN TENDERS & GARLIC TEXAS TOAST</u> <u>FEATURED VEGGIES</u> BAKED BEANS BROCCOLI BITES 100 % JUICE CUP | 12 <u>PIZZA CRUNCHERS</u> <u>FEATURED VEGGIES</u> GARLIC SPINACH SIDE SALAD |
| 15 <u>FRENCH TST STIX & TURKEY LINKS</u> <u>FEATURED VEGGIES</u> MASHED POTATOES CHICKPEA SALAD | 16 <u>BEEF CHEESE BURRITO</u> <u>FEATURED VEGGIES</u> CORN QUESO GREEN PEPPER STRIPS 100 % JUICE CUP | 17 <u>MINI TURKEY CORN DOGS</u> <u>FEATURED VEGGIES</u> HASHBROWNS CARROT STICKS | 18 <u>CHICKEN NUGGETS & ROLL</u> <u>FEATURED VEGGIES</u> GLAZED CARROTS CUCUMBER SLICES 100 % JUICE CUP | 19 <u>STUFFED CRUST PIZZA</u> <u>FEATURED VEGGIES</u> ITALIAN STYLE GREEN BEANS SPINACH SIDE SALAD |
| 22 <u>MINI MAPLE PANCAKES, YOGURT & EGG PATTY</u> <u>FEATURED VEGGIES</u> BAKED BEANS GREEN PEPPER STRIPS | 23 <u>EARLY DISMISSAL NO LUNCH SERVED</u> | 24 | 25 | 26 |
| <div>Happy Holidays!</div> | | | | |
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DAILY ALTERNATES:

- * CHEESEBURGER
- * UNCRUSTABLE PBJ
- * CEREAL LUNCH COMBO

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



NUTRI SERVE FOOD MANAGEMENT

GINA D'ADAMO, Food Service Director
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LISA MADEN, Kitchen Manager
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Meal Prices

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



NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz