



**Meet Your Nutritious Friends:  
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<p>2</p> 	<p>3</p> 	<p>4</p> <p><b>No Lunch Served</b></p>	<p>5</p> <p>Chicken Patty on a w/g Bun</p> <p><b>FEATURED VEGGIES</b> Fries Mixed Patch w/ Ranch</p>	<p>6</p> <p>Nardone's (V) Stuffed Crust Pizza</p> <p><b>FEATURED VEGGIES</b> Caesar Salad</p>	<p><b>What is a Meal?</b></p> <p>You 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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable &amp; seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, chocolate, strawberry and Lactaid</p>						
<p>9</p> <p>French Toast Sticks w/ Sausage &amp; Syrup or Chicken Nuggets w/ Goldfish</p> <p><b>FEATURED VEGGIES</b> Hash Brown Carrots w/ Ranch</p>	<p>10</p> <p>Walking Tacos or Hot Dog on a w/g Roll</p> <p><b>FEATURED VEGGIES</b> Corn Cucumbers w/ Ranch</p>	<p>11</p> <p>Cowboy Burger on a Bun &amp; BBQ Sauce or Pretzel w/ Cheese Sauce</p> <p><b>FEATURED VEGGIES</b> Fries &amp; Baked Beans Celery w/ Ranch</p>	<p>12</p> <p>Chicken Nuggets w/ Mac &amp; Cheese &amp; Stewed Tomatoes</p> <p><b>FEATURED VEGGIES</b> Green Beans Mixed Patch w/ Ranch</p>	<p>13</p> <p>The Max- Cheese Quesadillas (V)</p> <p><b>FEATURED VEGGIES</b> Garden Salad</p>	<p><b>Daily Alternates</b></p> <p>(Cereal Lunch) assorted cereal, goldfish crackers, yogurt and a cheese stick (Uncrustable Meal) Smucker's peanut butter &amp; jelly, goldfish and a cheese stick</p>						
<p>16</p> <p>Mozzarella Sticks (V) w/ Marinara Sauce or Chicken Nuggets w Goldfish</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Carrots w/ Ranch</p>	<p>17</p> <p>Chicken Wings w/ Sauces or Hot Dog on a w/g Bun</p> <p><b>FEATURED VEGGIES</b> Fries Celery &amp; Carrot Sticks</p>	<p>18</p> <p>Grilled Cheese w/ Tomato Soup or Pretzel w/ Cheese Sauce</p> <p><b>FEATURED VEGGIES</b> Tater Tots Celery w/ Ranch</p>	<p>19</p> <p>Popcorn Chicken w/ a Corn Muffin</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes &amp; Corn Mixed Patch w/ Ranch</p>	<p>20</p> <p>Nardone's (V) Personal Pan Pizza</p> <p><b>FEATURED VEGGIES</b> Caesar Salad</p>							
<p>23</p> <p>Breakfast Sandwich w/ Bacon, Egg &amp; Cheese on a Bagel or Chicken Nuggets with Goldfish</p> <p><b>FEATURED VEGGIES</b> Tater Tots Carrots w/ Ranch</p>	<p>24</p> <p>Meat Sauce w/ w/g Pasta and a Bread Stick or Hot Dog on a w/g Bun</p> <p><b>FEATURED VEGGIES</b> Garden Salad Cucumbers w/ Ranch</p>	<p>25</p> <p>Chicken Cheese Steak on a w/g Torp or Pretzel w/ Cheese Sauce</p> <p><b>FEATURED VEGGIES</b> Fries Celery w/ Ranch</p>	<p>26</p> <p>Chicken Nuggets w/ Waffles &amp; Syrup</p> <p><b>FEATURED VEGGIES</b> Hash Brown Mixed Patch w/ Ranch</p>	<p>27</p> <p>Bagel Bites (V)</p> <p><b>FEATURED VEGGIES</b> Garden Salad</p>							
<p>30</p> <p>Stuffed Bread Sticks (V) w/ Marinara Sauce or Chicken Nuggets w Goldfish</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Carrots w/ Ranch</p>					<p><b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b> These items do not contain any animal products</p>						
<p><b>Your Team</b> Kristine Colo, Food Service Director 856.224.4900 ext. 2128 <a href="mailto:ma1535@metzcorp.com">ma1535@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$3.75</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$5.00</td> </tr> </table>		Student Lunch	\$3.75	Reduced Lunch	\$0.00	Faculty Lunch	\$5.00	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.