



Meet Your Nutritious Friend:  
At Peace Apple

| Monday                                                                                                            | Tuesday                                                                                                                                 | Wednesday                                                                                               | Thursday                                                                                                                           | Friday                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 1<br><b>SCHOOL CLOSED</b><br>LABOR DAY                                                                            | 2                                                                                                                                       | 3<br>                  | 4<br>CHICKEN TENDERS & GARLIC BREADSTICK<br><br><u>FEATURED VEGGIES</u><br>MASHED POTATOES<br>CARROT STICKS<br>100 % JUICE CUP     | 5<br>FRENCH BREAD PIZZA<br><br><u>FEATURED VEGGIES</u><br>BROCCOLI<br>SPINACH SIDE SALAD                    |
| 8<br>MINI MAPLE PANCAKES, YOGURT & EGG PATTY<br><br><u>FEATURED VEGGIES</u><br>OVEN FRIES<br>BROCCOLI BITES       | 9<br>MAC & CHEESE<br><br><u>FEATURED VEGGIES</u><br>GREEN BEANS<br>CARROT STICKS<br>100 % JUICE CUP                                     | 10<br>GRILLED CHEESE SANDWICH<br><br><u>FEATURED VEGGIES</u><br>HASHBROWNS<br>GREEN PEPPER STRIPS       | 11<br>CHICKEN NUGGETS & ROLL<br><br><u>FEATURED VEGGIES</u><br>TOMATO SOUP<br>CORN SALAD<br>100 % JUICE CUP                        | 12<br>PIZZA BAGEL<br><br><u>FEATURED VEGGIES</u><br>ROASTED SWEET POTATOES<br>CHICKPEA SALAD                |
| 15<br>EGG CHEESE WAFFLE FLATBREAD<br><br><u>FEATURED VEGGIES</u><br>TATER TOTS<br>CUCUMBER SLICES                 | 16<br>CHIX and CHEESE QUESADILLA<br><br><u>FEATURED VEGGIES</u><br>STEAMED CORN<br>BLACK BEAN SALSA<br>100 % JUICE CUP                  | 17<br>TURKEY & CHEESE MELT ON CROISSANT<br><br><u>FEATURED VEGGIES</u><br>SMILEY FRIES<br>CARROT STICKS | 18<br>CHICKEN TENDERS & GARLIC BREADSTICK<br><br><u>FEATURED VEGGIES</u><br>BAKED BEANS<br>BROCCOLI BITES<br>100 % JUICE CUP       | 19<br>PIZZA CRUNCHERS<br><br><u>FEATURED VEGGIES</u><br>GARLIC SPINACH<br>RED PEPPER STRIPS                 |
| 22<br>FRENCH TST STIX & TURKEY LINKS<br><br><u>FEATURED VEGGIES</u><br>MASHED POTATOES<br>CHICKPEA SALAD          | 23<br>BEEF CHEESE BURRITO<br><br><u>FEATURED VEGGIES</u><br>MEXICALI CHEESY CORN<br>GREEN PEPPER STRIPS<br>100 % JUICE CUP              | 24<br>MINI TURKEY CORN DOGS<br><br><u>FEATURED VEGGIES</u><br>HASHBROWNS<br>CARROT STICKS               | 25<br>CHICKEN NUGGETS & ROLL<br><br><u>FEATURED VEGGIES</u><br>GLAZED CARROTS<br>CUCUMBER SLICES<br>100 % JUICE CUP                | 26<br>STUFFED CRUST PIZZA<br><br><u>FEATURED VEGGIES</u><br>ITALIAN STYLE GREEN BEANS<br>SPINACH SIDE SALAD |
| 29<br>MINI MAPLE WAFFLES, YOGURT & EGG PATTY<br><br><u>FEATURED VEGGIES</u><br>BAKED BEANS<br>GREEN PEPPER STRIPS | 30<br>WALKING TURKEY TACO w/PRETZEL STICK<br><br><u>FEATURED VEGGIES</u><br>CORN ON THE COB<br>BLACK BEAN CORN SALSA<br>100 % JUICE CUP | 1<br>SLOPPY JOE ON BRIOCHE ROLL<br><br><u>FEATURED VEGGIES</u><br>HASHBROWNS<br>CARROT STICKS           | 2<br>CHIX ALFREDO PASTA & GARLIC BREADSTICK<br><br><u>FEATURED VEGGIES</u><br>STEWED TOMATOES<br>CHICKPEA SALAD<br>100 % JUICE CUP | 3<br>5" ROUND PIZZA<br><br><u>FEATURED VEGGIES</u><br>GARLIC BROCCOLI<br>CUCUMBER SLICES                    |

## DAILY ALTERNATES:

- CHEESEBURGER

- \* PBJ LUNCH COMBO

- \* 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 1/2 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 strawberry

## NUTRI SERVE FOOD MANAGEMENT

GINA D'ADAMO, Food Service Director  
856-224-4900 EXT 2128  
[MA1535@METZCORP.COM](mailto:MA1535@METZCORP.COM)

LISA MADEN, Kitchen Manager  
856-224-4900 EXT 1134

## Meal Prices

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

  
**NUTRI-SERVE**  
FOOD MANAGEMENT, INC. by Metz