



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Hot Ham & Cheese on a Bun Buffalo chicken Salad</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p>	<p>2</p> <p>Beef Soft Tacos Tuna Salad</p> <p>FEATURED VEGGIES Steamed Rice Tomato Salad</p>	<p>3</p> <p>Cheeseburger on a Bun Buffalo Chicken Salad</p> <p>FEATURED VEGGIES French Fries Fresh Cucumber Slices</p>	<p>4</p> <p>Chicken Patty on a Bun Chicken Cesar Salad</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p>	<p>5</p> <p>Cheese Pizza Tuna Salad</p> <p>FEATURED VEGGIES Diced Tomatoes Roasted Zucchini</p>
<p>8</p> <p>Chicken Nuggets w/ Goldfish Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Oven Fries Red Pepper Strips</p>	<p>9</p> <p>Nachos Grande Tuna Salad</p> <p>FEATURED VEGGIES Green Beans Caesar Salad</p>	<p>10</p> <p>Hot Turkey Sandwich Buffalo Chicken Salad</p> <p>FEATURED VEGGIES Tater Tots Green Pepper Strips</p>	<p>11</p> <p>Spaghetti & Meatballs W/ Garlic Bread Chicken Cesar Salad</p> <p>FEATURED VEGGIES Garden Salad Corn Salad</p>	<p>12</p> <p>Cheese Pizza Tuna Salad</p> <p>FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad</p>
<p>15</p> <p>Pizza Dippers w/ Marinara</p> <p>FEATURED VEGGIES Potatoes Peas</p>	<p>16</p> <p>Chicken & Cheese Quesadilla</p> <p>FEATURED VEGGIES Street Corn Salad Steamed Rice</p>	<p>17</p> <p>½ Day No Lunch Served</p> <p>FEATURED VEGGIES</p>	<p>18</p> <p>½ Day No Lunch Served</p> <p>FEATURED VEGGIES</p>	<p>19</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</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 white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps

(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 ext5070
ma1607@metzcorp.com

Meal Prices

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



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8 Chicken Nuggets w/ Goldfish FEATURED VEGGIES Oven Fries	9 Nachos Grande FEATURED VEGGIES Green Beans	10 Hot Turkey Sandwich FEATURED VEGGIES Tater Tots	11 Spaghetti & Meatballs w/ Garlic Bread FEATURED VEGGIES Garden Salad	12 Cheese Pizza FEATURED VEGGIES Roasted Sweet Potatoes
15 Pizza Dippers w/ Marinara FEATURED VEGGIES Peas	16 Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Rice	17 ½ Day No Lunch Served FEATURED VEGGIES	18 ½ Day No Lunch Served FEATURED VEGGIES	19
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