



**Meet Your Nutritious Friend:**  
**Twist & Sprout**

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

**DAILY ALTERNATES:**

- \* 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 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 vanilla, fat-free strawberry



**NUTRI SERVE FOOD MANAGEMENT**  
 GINA D'ADAMO, Food Service Director  
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**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.