



Meet Your Nutritious Friend:  
At Peace Apple

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

## DAILY ALTERNATES:

\* CHICKEN PATTY

\* 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 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 strawberry

## NUTRI SERVE FOOD MANAGEMENT

GINA D'ADAMO, Food Service Director  
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[MA1535@METZCORP.COM](mailto:MA1535@METZCORP.COM)

## Meal Prices

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

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