



Meet Your Nutritious Friend:  
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
	<p>1</p> <p>Tacos on Soft Tortillas w/ Toppings</p> <p><b>VEGGIES &amp; FRUITS</b> Corn Mixed Veggies w/ Ranch</p>	<p>2</p> <p>Cheeseburger on a w/g Bun</p> <p><b>VEGGIES &amp; FRUITS</b> French Fries Baked Beans Mixed Veggies w/ Ranch</p>	<p>3</p> <p>Chicken Patty on a Bun</p> <p><b>VEGGIES &amp; FRUITS</b> Seasoned Green Beans Mixed Veggies w/ Ranch</p>	<p>4</p> <p>Nardone's Stuffed Crust Pizza</p> <p><b>VEGGIES &amp; FRUITS</b> Caesar Salad</p>	<p><b>What is a Meal?</b> Students 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>7</p> <p>Dutch Waffle w/ Sausage</p> <p><b>VEGGIES &amp; FRUITS</b> Hashbrown Mixed Veggies w/ Ranch</p>	<p>8</p> <p>Nacho's Grande w/ Topping</p> <p><b>VEGGIES &amp; FRUITS</b> Toasty Bean Bites Corn Mixed Veggies w/ Ranch</p>	<p>9</p> <p>Meatball Sandwich on a w/g Torp</p> <p><b>VEGGIES &amp; FRUITS</b> Seasoned Green Beans Mixed Veggies w/ Ranch</p>	<p>10</p> <p>Chicken Tenders w/ Mac &amp; Cheese</p> <p><b>VEGGIES &amp; FRUITS</b> Peas Mixed Veggies w/ Ranch</p>	<p>11</p> <p>Cheese Quesadillas</p> <p><b>VEGGIES &amp; FRUITS</b> Garden Salad</p>	<p>A minimum 1/4 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>14</p> <p><b>School Closed</b></p>	<p>15</p> <p>Walking Taco w/ a Churro</p> <p><b>VEGGIES &amp; FRUITS</b> Corn Toasty Bean Bites Mixed Veggies w/ Ranch</p>	<p>16</p> <p>Chicken Cheesesteak on a w/g Torp</p> <p><b>VEGGIES &amp; FRUITS</b> Tater Tots Mixed Veggies w/ Ranch</p>	<p>17</p> <p>Chicken Wings w/ a w/g Dinner Roll</p> <p><b>VEGGIES &amp; FRUITS</b> French Fries Mixed Veggies w/ Ranch</p>	<p>18</p> <p>Nardone's Personal Pan Pizza</p> <p><b>VEGGIES &amp; FRUITS</b> Caesar Salad</p>	<p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup</p> <p><b>Choice of Milk</b> 1% white &amp; Lactaid</p>						
<p>21</p> <p>Belgium Waffle w/ Strawberries &amp; Bacon</p> <p><b>VEGGIES &amp; FRUITS</b> Hashbrown Mixed Veggies w/ Ranch</p>	<p>22</p> <p>Nacho's &amp; Cheese</p> <p><b>VEGGIES &amp; FRUITS</b> Carrots Mixed Veggies w/ Ranch</p>	<p>23</p> <p>Cheeseburger on a w/g Bun</p> <p><b>VEGGIES &amp; FRUITS</b> Seasoned Waffle Fries Baked Beans Mixed Veggies w/ Ranch</p>	<p>24</p> <p>Popcorn Chicken w/ a Corn Muffin</p> <p><b>VEGGIES &amp; FRUITS</b> Corn Mashed Potatoes Mixed Veggies w/ Ranch</p>	<p>25</p> <p>Stuffed Bread Sticks w/ Marinara Sauce</p> <p><b>VEGGIES &amp; FRUITS</b> Garden Salad</p>	<p><b>Daily Alternates</b> (Uncrustable Meal) Smucker's peanut butter &amp; jelly, goldfish crackers and a cheese stick (Cereal Lunch) assorted cereals, goldfish crackers, yogurt and a cheese stick</p>						
<p>28</p> <p>French Toast Sticks w/ Syrup</p> <p><b>VEGGIES &amp; FRUITS</b> Tater Tots Mixed Veggies w/ Ranch</p>	<p>29</p> <p>Walking Taco w/ a Churro</p> <p><b>VEGGIES &amp; FRUITS</b> Corn Toasty Bean Bites Mixed Veggies w/ Ranch</p>	<p>30</p> <p>Grilled Cheese w/ Tomato Soup</p> <p><b>VEGGIES &amp; FRUITS</b> Hashbrown Mixed Veggies w/ Ranch</p>	<p><b>Happy Halloween</b> 31</p> <p>Chicken Finger Fries Tombstone Bread Stick</p> <p><b>VEGGIES &amp; FRUITS</b> Spooky Broccoli Trees Mixed Veggies 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.