



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?						
29	30	31	1	2	Students must choose at least 3 of the 5 components available for the school lunch price.						
5	6	7	8	9	<ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>						
Chicken & Mashed Potato Bowl with Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Steamed Corn	Chicken & Cheese Quesadilla Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Glazed Carrots Salsa	Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	Hot Turkey & Cheese on a Pretzel Bun Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Baked Beans Mandarin Spring Salad	Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad	Choice of Vegetable Hot vegetable, seasonal fresh vegetables, Veggie Patch						
12 Toasted Cheese Sandwich (V) Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tomato Soup Green Beans	13 Beef Soft Tacos Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Refried Beans Lettuce & Tomato	14 Chicken Patty on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tater Tots Baby Carrots	15 Cheeseburger on a Bun Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Carrot Coins Broccoli Bites	16 Cheesy Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice						
19 SCHOOL CLOSED	20 Walking Taco with Pretzel Stick Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	21 Cheesesteak on a Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Oven Baked Fries Ranchero Carrots	22 Chicken Alfredo over Penne Pasta with Garlic Bread Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	23 Pepperoni Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	Choice of Milk 1% white, fat-free chocolate, fat-free strawberry						
26 Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Cucumber Slices	27 Nachos Grande Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Latin-Inspired Beans Golden Corn	28 French Toast Sticks with Sausage Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tri Patty Tater Celery Sticks	29 Chicken Tenders with a Dinner Roll Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Mashed Potatoes Broccoli Bites	30 Cheesy Pizza (V) Tuna Salad Italian Hoagie FEATURED VEGGIES Steamed Green Beans Baby Carrots	Daily Alternates 1/2 Cheese & Yogurt Meal with Goldfish Crackers Melted Cheese Sandwich Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers Craveables Weekly Cold Cut Sandwiches & Wraps						
Your Team Dawn Janelli, Food Service Director 609.481.7900 ext. 5070 ma1607@metzcorp.com					Meal Prices <table> <tr> <td>Student Lunch</td><td>\$3.65</td></tr> <tr> <td>Reduced Lunch</td><td>\$0.00</td></tr> <tr> <td>Faculty Lunch</td><td>\$5.00</td></tr> </table> <div style="display: flex; justify-content: space-around; align-items: center;">   <p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p> </div>	Student Lunch	\$3.65	Reduced Lunch	\$0.00	Faculty Lunch	\$5.00
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Popcorn Chicken Mashed Potatoes Cupped Fruit of the Day 1% Milk	Chicken & Cheese Quesadilla Glazed Carrots Cupped Fruit of the Day 1% Milk	Cheeseburger on a Bun Steamed Broccoli Cupped Fruit of the Day 1% Milk	Hot Turkey & Cheese on a Pretzel Bun Baked Beans Cupped Fruit of The Day 1% Milk	Cheese Pizza Oven Roasted Zucchini Cupped Fruit of the Day 1% Milk	Choice of Vegetable Hot vegetable, seasonal fresh vegetables, Veggie Patch						
12 Toasted Cheese Sandwich (V) Tomato Soup Cupped Fruit of the Day 1% Milk	13 Beef Soft Tacos Refried Beans Cupped Fruit of the Day 1 % Milk	14 Chicken Patty on a Bun Tater Tots Cupped Fruit of the Day 1 % Milk	15 Cheeseburger on a Bun Carrot Coins Cupped Fruit of the Day 1 % Milk	16 Cheesy Pizza Oven Browned Sweet Potato Cupped Fruit of the Day 1 % Milk	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice						
	20 Walking Taco Mexicali Corn Cupped Fruit of the Day 1 % Milk	21 Cheesesteak on a Roll Oven Baked Fries Cupped Fruit of the Day 1 % Milk	22 Chicken Alfredo over Penne Pasta with Garlic Bread Steamed Broccoli Cupped Fruit of the Day 1 % Milk	23 Pepperoni Pizza Cucumber Slices Cupped Fruit of the Day 1 % Milk	Choice of Milk 1% white, fat-free chocolate, fat-free strawberry						
26 Cheeseburger on a Bun Steamed Broccoli Cupped Fruit of the Day 1 % Milk	27 Nachos Grande Golden Corn Cupped Fruit of the Day 1 % Milk	28 French Toast Sticks with Sausage Tri Patty Tater Cupped Fruit of the Day 1 % Milk	29 Chicken Tenders Mashed Potatoes Cupped Fruit of the Day 1% Milk	30 Cheesy Pizza (V) Baby Carrots Cupped Fruit of the Day 1% Milk	Daily Alternates ½ Cheese & Yogurt Meal with Goldfish Crackers Melted Cheese Sandwich Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers Craveables Weekly Cold Cut Sandwiches & Wraps						
Your Team Dawn Janelli, Food Service Director 609.487.7900 ext. 5070 ma1607@metzcorp.com					<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>						
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