



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Chicken Tenders Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Steamed Carrots	3 Baked Ziti with Garlic Bread Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Green Beans Tomato Salad	4 Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tater Tots Fresh Cucumber Slices	5 Chicken Patty on a Bun Chicken Ceasar Salad Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Corn Romaine Salad	6 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Diced Tomatoes Roasted Zucchini	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.
9 Italian Meatballs & Cheese on a Roll Italian Hoagie Buffalo Chicken Salad FEATURED VEGGIES Oven Fries Garden Salad	10 Walking Taco with Pretzel Stick Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Green Beans Salsa	11 Mac & Cheese Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Stewed Tomatoes Vegetarian Beans	12 Italian Dunkers with Marinara Sauce Chicken Cesar Salad Turkey & Cheese Hoagie FEATURED VEGGIES Sweet Potatoes Steamed Corn	13 No School	Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
16 Presidents Day School Closed	17 Chicken & Cheese Quesadilla Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Peppers & Onions Steamed Rice	18 Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	19 Buffalo Chicken Dip over Tortilla Chips Chicken Ceasar Salad Italian Hoagie FEATURED VEGGIES Baked Beans Garden Salad	20 Cheesy Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
23 Chicken Nuggets with Goldfish Crackers Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Diced Tomatoes Tater Tots	24 Spaghetti & Meatballs with Garlic Bread Tuna Salad Turkey & Cheese Hoagie FEATURED VEGGIES Garden Salad Vegetarian Beans	25 Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Glazed Carrots Broccoli Salad	26 Chicken Patty on a Bun Chicken Ceasar Salad Turkey & Cheese Hoagie FEATURED VEGGIES Curly Fries Apple Cider Slaw	27 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad	Choice of Milk 1% white, fat-free chocolate, fat-free strawberry
					Daily Alternates 1/2 Cheese & Yogurt Meal with Goldfish Crackers Melted Cheese Sandwich Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers 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 ext. 5070 ma1607@metzcorp.com					Meal Prices Student Lunch \$3.65 Reduced Lunch \$0.00 Faculty Lunch \$5.00
					 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES