



**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <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 ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, chocolate, strawberry</p> <p>Daily Monthly Alternates: All Beef Hot Dog</p> <p>Uncrustable Meal</p>
<p>Turkey & Cheese</p> <p>Ham & Cheese</p> <p>FEATURED VEGGIES Cold Veggies of the Day</p>	<p>Cheesy Pizza</p> <p>Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>Chicken Nuggets w/ Goldfish</p> <p>Turkey & Cheese</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>Cheesy Pizza</p> <p>Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>Cheesy Pizza</p> <p>Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	
<p>9</p> <p>Cheeseburger on a Bun</p> <p>Italian Hoagie on a Torpedo Roll</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>10</p> <p>Beef Nachos Grande with Tortilla Chips</p> <p>Fiesta Taco Salad w/ Doritos</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>11</p> <p>French Toast Sticks w/ Breakfast Sausage</p> <p>Chicken Caesar Salad with Goldfish</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>12</p> <p>Cheesy Pizza</p> <p>Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>13</p> <p>Crispy Chicken Patty on a Bun</p> <p>Turkey & Cheese</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	
<p>16</p> <p>Classic Sloppy Joe on a Roll</p> <p>Italian Hoagie on a Torpedo Roll</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>17</p> <p>Walking Taco with Doritos</p> <p>Fiesta Taco Salad w/ Doritos</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>18</p> <p>Bacon, Egg & Cheese On a Bagel</p> <p>Chicken Caesar Salad with Goldfish</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>19</p> <p>Cheesy Pizza</p> <p>Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>20</p> <p>Popcorn Chicken w/ Goldfish</p> <p>Turkey & Cheese</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	
<p>23</p> <p>French Bread Pizza</p> <p>Italian Hoagie on a Torpedo Roll</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>24</p> <p>Beef Nachos Grande with Tortilla Chips</p> <p>Fiesta Taco Salad w/ Doritos</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>25</p> <p>Sausage, Egg & Cheese On a Bagel</p> <p>Chicken Caesar Salad with Goldfish</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>26</p> <p>Cheesy Pizza</p> <p>Bagel & Yogurt Meal</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	<p>27</p> <p>Chicken Nuggets w/ Goldfish</p> <p>Turkey & Cheese</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>	
<p>30</p> <p>Chicken & Mashed Potato Bowl</p> <p>Italian Hoagie on a Torpedo Roll</p> <p>FEATURED VEGGIES Cold Veggie of the Day Hot Veggie of the Day</p>		<p>Richele Boyce, Food Service Director</p> <p>856-589-0718 ext. 1225</p> <p>ma1586@metzcorp.com</p>			
			<p>Meal Prices</p> <p>Student Lunch \$3.20</p> <p>Reduced Lunch \$0.00</p>		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.