



Meet Your Nutritious Friend:  
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p><b>1</b></p> <p>Chicken &amp; Cheese Fajitas</p> <p>Fish Tacos on Soft Tortillas</p> <p><b>FEATURED VEGGIES</b> Black Beans &amp; Rice</p>	<p><b>2</b></p> <p>Buttermilk Waffles w/ Sausage Patti</p> <p>Turkey &amp; Cheese Pinwheels</p> <p><b>FEATURED VEGGIES</b> Hash Brown Potato</p>	<p><b>3</b></p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Romaine Salad</p>	<p><b>4</b></p> <p>Chicken Cheese Steak on a Torpedo Roll</p> <p>Italian Hoagie Salad</p> <p><b>FEATURED VEGGIES</b> Stewed Tomatoes</p>	<p><b>What is a Meal?</b></p> <p>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>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot &amp; Cold vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white,, chocolate, and strawberry</p>
<p><b>7</b></p> <p>Pepperoni Pizza Bagel</p> <p>Garden Salad w/ Crispy Chicken</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p><b>8</b></p> <p>Beef Soft Tacos</p> <p>Walking Taco with Tortilla Chips</p> <p><b>FEATURED VEGGIES</b> Sweet Corn</p>	<p><b>9</b></p> <p>Hot Ham, Cheese, Egg on a Bagel</p> <p>Turkey &amp; Cheese Pinwheels</p> <p><b>FEATURED VEGGIES</b> Waffle Fries</p>	<p><b>10</b></p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Cold Veggie Patch</p>	<p><b>11</b></p> <p><b>SCHOOL CLOSED</b></p>	<p><b>Daily Alternates for October:</b></p> <p><b>CHICKEN NUGGETS w/ GOLDFISH</b></p> <p><b>PB&amp;J UNCRUSTABLE MEAL</b></p>
<p><b>14</b></p>  <p><b>Columbus Day</b></p>	<p><b>15</b></p> <p>Chicken Soft Tacos</p> <p>Fish Tacos on Soft Tortillas</p> <p><b>FEATURED VEGGIES</b> Rice &amp; Corn</p>	<p><b>16</b></p> <p>Turkey &amp; Bacon Super melt</p> <p>Ham &amp; Cheese Pinwheels</p> <p><b>FEATURED VEGGIES</b> French Fries</p>	<p><b>17</b></p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Side Salad</p>	<p><b>18</b></p> <p>Pizza Crunchers w/ Sauce &amp; Cheese</p> <p>Italian Hoagie Salad</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots</p>	
<p><b>21</b></p> <p>Grilled Cheese Sandwich</p> <p>Garden Salad w/ Crispy Chicken</p> <p><b>FEATURED VEGGIES</b> Tomato Soup</p>	<p><b>22</b></p> <p>Rotini Pasta w/ Meat or Marina Sauce</p> <p>Fish Tacos on Soft Tortillas</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p><b>23</b></p> <p>Breakfast Burrito</p> <p>Turkey &amp; Cheese Pinwheels</p> <p><b>FEATURED VEGGIES</b> Tator Tots</p>	<p><b>24</b></p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Caesar Salad</p>	<p><b>25</b></p> <p>Bacon Cheeseburger</p> <p>Italian Hoagie Salad</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies</p>	
<p><b>28</b></p> <p>Chicken Tenders w/ Goldfish</p> <p>Garden Salad w/ Crispy Chicken</p> <p><b>FEATURED VEGGIES</b> Chickpea Salad</p>	<p><b>29</b></p> <p>Burrito Bowl w/ Toppings</p> <p>Fish Tacos on Soft Tortillas</p> <p><b>FEATURED VEGGIES</b> Rice &amp; Corn</p>	<p><b>30</b></p> <p>Sausage, Egg, Cheese on a Bagel</p> <p>Turkey &amp; Cheese Pinwheels</p> <p><b>FEATURED VEGGIES</b> Seasoned Potato Wedges</p>	<p><b>31</b></p> <p>Spooky Cheese Pizza</p> <p>Bagel Meal</p> <p><b>FEATURED VEGGIES</b> Celery &amp; Carrot Sticks with Ranch</p>		
<p><b>Your Team</b></p> <p>Richele Boyce, Food Service Director 856-589-0718 ext. 1225 <a href="mailto:ma1586@metzcorp.com">ma1586@metzcorp.com</a></p>			<p><b>Meal Price</b></p> <p>Student Lunch \$3.20</p>		

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