




Meet Your Nutritious Friend:
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p>1</p> <p>Chicken & Cheese Quesadilla</p> <p>Fish Sticks w/ Goldfish</p> <p>FEATURED VEGGIES Black Beans & Rice</p>	<p>2</p> <p>Buttermilk Waffles w/ Sausage Patti</p> <p>Turkey & Cheese Pinwheels</p> <p>FEATURED VEGGIES Hash Brown Potato</p>	<p>3</p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Romaine Salad</p>	<p>4</p> <p>Chicken Cheese Steak on a Torpedo Roll</p> <p>Italian Hoagie Salad</p> <p>FEATURED VEGGIES Stewed Tomatoes</p>	<p>What is a Meal?</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"> - 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 & Cold 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, and strawberry</p>
<p>7</p> <p>Pepperoni Pizza Bagel</p> <p>Garden Salad w/ Crispy Chicken</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>8</p> <p>Walking Tacos w/ Tortilla Chips</p> <p>Fish Sticks w/ Goldfish</p> <p>FEATURED VEGGIES Sweet Corn</p>	<p>9</p> <p>Hot Ham, Cheese, Egg on a Bagel</p> <p>Turkey & Cheese Pinwheels</p> <p>FEATURED VEGGIES Waffle Fries</p>	<p>10</p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Cold Veggie Patch</p>	<p>11</p> <p>SCHOOL CLOSED</p>	<p>Daily Alternates for October:</p> <p>CHICKEN NUGGETS w/ GOLDFISH</p>
<p>14</p>  <p>Columbus Day</p>	<p>15</p> <p>Crispy Chicken Sandwich</p> <p>Fish Sticks w/ Goldfish</p> <p>FEATURED VEGGIES Rice & Corn</p>	<p>16</p> <p>Turkey & Bacon Super melt</p> <p>Ham & Cheese Pinwheels</p> <p>FEATURED VEGGIES French Fries</p>	<p>17</p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Side Salad</p>	<p>18</p> <p>Pizza Crunchers w/ Sauce & Cheese</p> <p>Italian Hoagie Salad</p> <p>FEATURED VEGGIES Glazed Carrots</p>	<p>Daily Alternates for October:</p> <p>CHICKEN NUGGETS w/ GOLDFISH</p>
<p>21</p> <p>Grilled Cheese Sandwich</p> <p>Garden Salad w/ Crispy Chicken</p> <p>FEATURED VEGGIES Tomato Soup</p>	<p>22</p> <p>Rotini Pasta w/ Red Sauce</p> <p>Fish Sticks w/ Goldfish</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>23</p> <p>Egg & Cheese on a Bagel</p> <p>Turkey & Cheese Pinwheels</p> <p>FEATURED VEGGIES Tator Tots</p>	<p>24</p> <p>Slice of Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Caesar Salad</p>	<p>25</p> <p>Bacon Cheeseburger</p> <p>Italian Hoagie Salad</p> <p>FEATURED VEGGIES Mixed Veggies</p>	<p>Daily Alternates for October:</p> <p>CHICKEN NUGGETS w/ GOLDFISH</p>
<p>28</p> <p>Chicken Tenders w/ Goldfish</p> <p>Garden Salad w/ Crispy Chicken</p> <p>FEATURED VEGGIES Chickpea Salad</p>	<p>29</p> <p>Cheese Quesadilla</p> <p>Fish Sticks w/ Goldfish</p> <p>FEATURED VEGGIES Rice & Corn</p>	<p>30</p> <p>Sausage, Egg, Cheese on a Bagel</p> <p>Turkey & Cheese Pinwheels</p> <p>FEATURED VEGGIES Seasoned Potato Wedges</p>	<p>31</p> <p>Spooky Cheese Pizza</p> <p>Bagel Meal</p> <p>FEATURED VEGGIES Celery & Carrot Sticks with Ranch</p>	<p>Daily Alternates for October:</p> <p>PB&J UNCRUSTABLE MEAL</p>	

Your Team
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Meal Price
Student Lunch \$3.20



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