



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	What is a Meal? 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 ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry Daily Alternates Cereal Grab & Go PB& J Grab & Go
			French Toast Sticks w/Turkey Bacon & Syrup Chicken Salad On A Croissant FEATURED VEGGIES Seasoned Home Fries	Pizza By The Slice Italian Hoagie FEATURED VEGGIES Side Salad	
6	7	8	9	10	
Double Cheeseburger On A Bun Turkey & Cheese Wrap FEATURED VEGGIES Baked Beans	Chicken Fajita over White Rice Ham & Cheese Pinwheels FEATURED VEGGIES Corn	Meatballs, Marinara over Penne Grilled Chicken Caesar Salad FEATURED VEGGIES Lemon Parmesan Broccoli	Chicken Nuggets w/ Roll Chicken Salad On A Croissant FEATURED VEGGIES Green Beans	Pizza By The Slice Italian Hoagie FEATURED VEGGIES Side Salad	
13	14	15	16	17	
Mini Confetti Pancakes w/ Bacon & Syrup Turkey & Cheese Wrap FEATURED VEGGIES Tater Tots	Walking Taco w/ Turkey Taco Meat Ham & Cheese Pinwheels FEATURED VEGGIES Corn	Mini Corn Dogs Grilled Chicken Caesar Salad FEATURED VEGGIES Ranchero Carrots	Chicken Tenders & Biscuit Chicken Salad On A Croissant FEATURED VEGGIES Oven Browned Sweet Potatoes	Pizza By The Slice Italian Hoagie FEATURED VEGGIES Side Salad	
20	21	22	23	24	
NO SCHOOL	NO LUNCH	Chicken & Cheese Quesadilla w/ Sour Cream & Salsa Grilled Chicken Caesar Salad FEATURED VEGGIES Corn	Dutch Waffle & Turkey Bacon w/ Syrup Chicken Salad On A Croissant FEATURED VEGGIES Hash Brown	Pizza By The Slice Italian Hoagie FEATURED VEGGIES Side Salad	
27	28	29	30	31	
Pizza Crunchers Turkey & Cheese Wrap FEATURED VEGGIES Sweet Peas	Nacho Grande w/ Scoops Ham & Cheese Pinwheels FEATURED VEGGIES Golden Corn	Cheesy Egg Omelet w/ Pancake & Turkey Bacon Grilled Chicken Caesar Salad FEATURED VEGGIES Hash Brown Rounds	Chicken Nuggets w/ Mac & cheese Chicken Salad On A Croissant FEATURED VEGGIES Stewed Tomatoes	Pizza By The Slice Italian Hoagie FEATURED VEGGIES Side Salad	
Your Team Kim Vencius, Food Service Director 856-547-7695 ext. 4181 ma1502@metzcorp.com			Meal Prices Student Lunch \$3.25 Reduced Lunch \$0.00 Faculty Lunch \$5.00		 NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz