



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cheeseburger on A bun PB&J Grab & Go</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>3</p> <p>Chicken & Cheese Pizza Quesadilla PB&J Grab & Go</p> <p>FEATURED VEGGIES Corn</p>	<p>4</p> <p>Dino Nuggets w/ Dinner Roll PB&J Grab & Go</p> <p>FEATURED VEGGIES Seasoned Diced Potatoes</p>	<p>5</p> <p>Mini Corn Dogs PB&J Grab & Go</p> <p>FEATURED VEGGIES Steamed Carrots</p>	<p>6</p> <p>Personal Cheese Pizza PB&J Grab & Go</p> <p>FEATURED VEGGIES Cucumber Slices</p>
<p>9</p> <p>Pizza Crunchers PB&J Grab & Go</p> <p>FEATURED VEGGIES Green Beans</p>	<p>10</p> <p>Nachos Grande PB&J Grab & Go</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>11</p> <p>Turkey & Cheese on Pretzel Bun PB&J Grab & Go</p> <p>FEATURED VEGGIES Taters Tots</p>	<p>12</p> <p>Grilled Cheese PB&J Grab & Go</p> <p>FEATURED VEGGIES Stewed Tomatoes</p>	<p>13</p> <p>Personal Cheese Pizza PB&J Grab & Go</p> <p>FEATURED VEGGIES Cucumber Slices</p>
<p>16</p> <p>Popcorn Chicken PB&J Grab & Go</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>17</p> <p>Walking Taco w/ Doritos PB&J Grab & Go</p> <p>FEATURED VEGGIES Corn</p>	<p>18</p> <p>Dutch Waffles PB&J Grab & Go</p> <p>FEATURED VEGGIES Baby Carrots</p>	<p>19</p> <p>Chicken Patty on a Bun PB&J Grab & Go</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>20</p> <p>Personal Cheese Pizza PB&J Grab & Go</p> <p>FEATURED VEGGIES Cucumber Slices</p>
<p>23</p> <p>Dino Chicken Nuggets w/ Buttered Noodles PB&J Grab & Go</p> <p>FEATURED VEGGIES Green Beans</p>	<p>24</p> <p>Ham & Cheese Pinwheels PB&J Grab & Go</p> <p>FEATURED VEGGIES Broccoli Bites</p>	<p>25</p> <p>Hot Dog on a Roll PB&J Grab & Go</p> <p>FEATURED VEGGIES Fries</p>	<p>26</p> <p>Mac & Cheese PB&J Grab & Go</p> <p>FEATURED VEGGIES Mixed Veggies</p>	<p>27</p> <p>Personal Cheese Pizza PB&J Grab & Go</p> <p>FEATURED VEGGIES Cucumber Slices</p>
<p>30</p> <p>Mozzarella Sticks w/ Sauce PB&J Grab & Go</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>31</p> <p>Walking Taco w/ Doritos PB&J Grab & Go</p> <p>FEATURED VEGGIES Corn</p>			

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,

(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

Kim Vencius, General Manager
856-547-7695 ext. 4181
ma1502@metzcorp.com

Meal Prices

Student Lunch	\$3.35
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00

