



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cheeseburger On A Bun</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>3</p> <p>Chicken & Cheese Pizza Quesadilla</p> <p>Ham & Cheese On a Pretzel Bun</p> <p>FEATURED VEGGIES Corn</p>	<p>4</p> <p>Pancakes w/ Turkey Bacon</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Seasoned Diced Potatoes</p>	<p>5</p> <p>Mini Corn Dogs</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED VEGGIES Steamed Carrots</p>	<p>6</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>
<p>9</p> <p>Pizza Crunchers</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Green Beans</p>	<p>10</p> <p>Nacho Grande w/ Tortilla Chips</p> <p>Ham & Cheese On a Pretzel Bun</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>11</p> <p>French Toast w/ Sausage Patty</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Tater Tots</p>	<p>12</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>	<p>13</p> <p>Half Day No Lunch</p>
<p>16</p> <p>Popcorn Chicken w/ Stuffing</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>17</p> <p>Walking Taco w/ Doritos</p> <p>Ham & Cheese On a Pretzel Bun</p> <p>FEATURED VEGGIES Corn</p>	<p>18</p> <p>Dutch Waffle w/ Turkey Bacon</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES Smiley Potatoes</p>	<p>19</p> <p>Chicken Patty on a Bun</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED VEGGIES Honey Glazed Carrots</p>	<p>20</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>
<p>23</p> <p>Italian Meatballs & Pasta</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Lemon Parmesan Broccoli</p>	<p>24</p> <p>Twin Chicken Soft Tacos</p> <p>Ham & Cheese On a Pretzel Bun</p> <p>FEATURED VEGGIES Corn</p>	<p>25</p> <p>Hot Dog on a Roll</p> <p>Grilled Chicken Caesar Roll Ups</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>26</p> <p>Grilled Cheese Sandwich w/ Tomato Soup & Goldfish Crackers</p> <p>Taco Salad w/ Tortilla Chips</p> <p>FEATURED VEGGIES Tots</p>	<p>27</p> <p>Pizza By The Slice</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Side Salad</p>
<p>30</p> <p>Mozzarella Sticks w/ Sauce</p> <p>Turkey BLT Wrap</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>31</p> <p>Walking Taco w/ Doritos</p> <p>Ham & Cheese On a Pretzel Bun</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 1/2 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, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

- Fresh Entree Salad of the Week
- Craveables
- Weekly Cold Cut Sandwiches & Wraps

(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

