

**BABY**



**Black Bean**

**Meet Your Nutritious Friend:  
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini Corndogs Asian Sesame Chicken over Rice <b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks	2 Hot Ham & Cheese on a Pretzel Roll Buffalo Chicken Dip over Tortilla Chips <b>FEATURED VEGGIES</b> Baked Beans Caesar Salad	3 NO SCHOOL
6 NO SCHOOL	7 Beef Soft Tacos Nachos Grande with Tortilla Chips <b>FEATURED VEGGIES</b> Refried Beans Lettuce & Tomato	8 Cowboy Burger on a Bun Chicken Parmesan Sandwich <b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad	9 Italian Super Sub Chicken Tenders with Soft Pretzel <b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw	10 Cheese Pizza Egg & Cheese on a Croissant <b>FEATURED VEGGIES</b> Roasted Sweet Potato Corn Salad
13 Classic Sloppy Joe on Brioche Roll Chicken Nuggets with Dinner Roll <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	14 Chicken Patty on a Bun Walking Taco with Pretzel Stick <b>FEATURED VEGGIES</b> Steamed Corn Grape Tomatoes	15 Cheesesteak on a Roll Chicken Tenders with a Dinner Roll <b>FEATURED VEGGIES</b> Tater Tots Ranchero Carrots	16 Meatballs or Chicken Alfredo over Penne Pasta with Garlic Bread <b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks with Ranch	17 Smothered Pierogis Pepperoni Pizza <b>FEATURED VEGGIES</b> Cherry Tomatoes Cucumber Slices
20 Cheeseburger on a Bun General Tso Chicken over Rice <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Slices	21 Hot Dog on a Bun BBQ Chicken Wrap <b>FEATURED VEGGIES</b> Curly Fries Golden Corn	22 French Toast Sticks with Sausage Links Breakfast Wrap <b>FEATURED VEGGIES</b> Tri Patty Taters Carrot Sticks	23 Parmesan Popcorn Chicken with a Roll Macaroni & Cheese <b>FEATURED VEGGIES</b> Coleslaw Cauliflower Salad	24 Cheese Pizza Sticks with Dipping Sauce Corn Dog <b>FEATURED VEGGIES</b> Steamed Green Beans Baby Carrots
27 Chicken & Mashed Potato Bowl with Roll Hot Ham & Cheese on a Pretzel Bun <b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots	28 Fish Sticks Nachos Grande with Tortilla Chips <b>FEATURED VEGGIES</b> Refried Beans Chickpea Salad	29 Turkey & Cheese Hoagie Mini Maple Pancakes with Sausage Patties <b>FEATURED VEGGIES</b> Hash Brown Potato Fresh Cucumber Slices	30 Chicken Patty on a Bun Cheese Lasagna with Garlic Breadstick <b>FEATURED VEGGIES</b> Steamed Corn Tossed Salad	

### 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, fat-free chocolate

### Daily Alternates

Monday: Nacho Craveables

Tuesday: Breadstick Dipper Craveables

Wednesday: Super Fruit Craveables

Thursday: PB&J Craveables

Friday: Walking Taco Craveables

### Meal Prices

Student Lunch	\$2.55
Reduced Lunch	\$0.00
Faculty Lunch	\$4.25



**Samuel Garman, General Manager**  
717.367.1533 ext. 21057  
ma1141@metzcorp.com

