




Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch meal. - 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. <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice <b>Choice of Milk</b> 1% white, fat-free chocolate <b>Daily Alternates</b> Fresh Entree Salad of the Week PBJ Uncrustable Craveable Weekly Cold Cut Sandwiches & Wraps  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
Daily Offerings: Cheese & Pepperoni Pizza					
		1  County Fair Corn Dog Nuggets  <b>FEATURED VEGGIES</b> Baked Beans Coleslaw	2  Philly Cheesesteak On a Toasted Baguette  <b>FEATURED VEGGIES</b> Steamed Carrots Tomato Mozzarella Salad	3  	
Daily Offerings: Cheese & Pepperoni Pizza					
6  	7  Chicken Tenders w/ Dinner Roll  <b>FEATURED VEGGIES</b> Oven Fries Garden Side Salad	8  Loaded Pulled Pork Fries  <b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Coleslaw	9  Buffalo Chicken Flatbread  <b>FEATURED VEGGIES</b> Steamed Garden Peas Cucumber Slices	10  Cheesy Pizza Crunchers  <b>FEATURED VEGGIES</b> Carrots Side Salad	
Daily Offerings: Cheese & Pepperoni Pizza					
13  Chicken Parm on a Roll  <b>FEATURED VEGGIES</b> Green Beans Apple Cider Slaw	14  Beef Soft Tacos w/ Salsa  <b>FEATURED VEGGIES</b> Steamed Golden Corn Celery Sticks	15  Chicken & Waffles  <b>FEATURED VEGGIES</b> Steamed Broccoli Side Salad	16  Breakfast for Lunch: Egg, Ham & Cheese Croissant or Pancakes & Sausage Links  <b>FEATURED VEGGIES</b> Tri Hash Browns Fresh Cucumbers	17  Chicken Nuggets w/ Dinner Roll  <b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Broccoli Salad	
Daily Offerings: Cheese & Pepperoni Pizza					
20  Bacon Cheeseburger w/ J Clarke Grill Sauce  <b>FEATURED VEGGIES</b> Steamed Corn Coleslaw	21  Homemade Macaroni & Cheese  <b>FEATURED VEGGIES</b> Steamed Broccoli Chickpea Salad	22  Hot Ham & Cheese Pretzel Melt  <b>FEATURED VEGGIES</b> Sweet Potato Fries Side Salad	23  Cheeseburger Flatbread  <b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Garden Side Salad	24  Italian Dunkers With Marinara Sauce (v)  <b>FEATURED VEGGIES</b> Steamed Green Beans Caesar Side Salad	
Daily Offerings: Cheese & Pepperoni Pizza					
27  Popcorn Chicken Mashed Potato Bowl  <b>FEATURED VEGGIES</b> Steamed Corn Cucumber Salad	28  Chicken Nachos  <b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Black Bean Salsa	29  Pasta with Meat Sauce w/ Garlic Breadstick  <b>FEATURED VEGGIES</b> Green Beans Caesar Side Salad	30  Crispy General Tso's Over Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks		
<b>Donna Davis, Lead Cook</b> Rhonda Wildt, Supervisor 570.458.5538 ext. 2116 <a href="mailto:ma1148@metzcorp.com">ma1148@metzcorp.com</a>		<b>Meal Prices</b> Student Lunch Free Faculty Lunch \$4.85			

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

