

BABY



Black Bean

Meet Your Nutritious Friend:  
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Personal Cheese Pizza PB&J Grab & Go <b>FEATURED VEGGIES</b> Carrot Sticks	2 NO LUNCH HALF DAY	3 Spring Break
6 Spring Break	7 Spring Break	8 Spring Break	9 Spring Break	10 NO LUNCH HALF DAY
13 Turkey & Cheese On A Pretzel Bun PBJ Grab & Go <b>FEATURED VEGGIES</b> Cucumber Slices	14 Chicken & Cheese Pizza Quesadilla PBJ Grab & Go <b>FEATURED VEGGIES</b> Mixed Beans	15 Min Corn Dogs PBJ Grab & Go <b>FEATURED VEGGIES</b> Hash Brown	16 Dino Chicken Nuggets w/ Biscuit PBJ Grab & Go <b>FEATURED VEGGIES</b> Steamed Broccoli	17 Personal Cheese Pizza PBJ Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots
20 Pizza Crunchers PBJ Grab & Go <b>FEATURED VEGGIES</b> Seasoned Carrots	21 Beef Nacho Grande PBJ Grab & Go <b>FEATURED VEGGIES</b> Golden Corn	22 Dutch Waffle w/ Turkey Bacon PBJ Grab & Go <b>FEATURED VEGGIES</b> Seasoned Home Potatoes	23 Chicken Tenders w/ Rice PBJ Grab & Go <b>FEATURED VEGGIES</b> Mixed Veggies	24 Personal Cheese Pizza PBJ Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots
27 Cheeseburger on a Bun PBJ Grab & Go <b>FEATURED VEGGIES</b> BBQ Baked Beans	28 Italian Pinwheels PBJ Grab & Go <b>FEATURED VEGGIES</b> Broccoli Bites	29 Egg & Cheese Waffle Flatbread Sandwich PBJ Grab & Go <b>FEATURED VEGGIES</b> Tots	30 Popcorn Chicken w/ Mac & Cheese PBJ Grab & Go <b>FEATURED VEGGIES</b> Sweet Peas	Personal Cheese Pizza PBJ Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots

### 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](mailto:ma1502@metzcorp.com)

### Meal Prices

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



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES