



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Diced Tomatoes Roasted Zucchini</p>
<p>4</p> <p>Buffalo Chicken Dip with Chips Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Oven Fries Vegetarian Beans</p>	<p>5</p> <p>Mac &amp; Cheese Tuna Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Stewed Tomatoes Mixed Vegetables</p>	<p>6</p> <p>Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Peas</p>	<p>7</p> <p>Chicken &amp; Cheese Quesadilla Chicken Cesar Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Tater Tots Steamed Corn</p>	<p>8</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Chickpea Salad</p>
<p>11</p> <p>Chicken &amp; Mashed Potato Bowl Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn</p>	<p>12</p> <p>Beef Soft Tacos Tuna Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Vegetarian Beans Diced Tomatoes</p>	<p>13</p> <p>Pizza Dippers w/ Marinara Sauce Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks</p>	<p>14</p> <p>Hot Ham &amp; Cheese on a Pretzel Roll</p> <p><b>FEATURED VEGGIES</b> Baked Beans Tomato Salad</p>	<p>15</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Oven Roasted Zucchini Carrot &amp; Raisin Salad</p>
<p>18</p> <p>Chicken Parm Sandwich Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Garden Salad Tater Tots</p>	<p>19</p> <p>Nachos Grande with Tortilla Chips Tuna Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Refried Beans Lettuce &amp; Tomato</p>	<p>20</p> <p>Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Steamed Broccoli</p>	<p>21</p> <p>Chicken Tenders with Soft Pretzel Chicken Cesar Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw</p>	<p>22</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Oven Browned Sweet Potato Corn Salad</p>
<p>25</p> <p>Memorial Day School Closed</p>	<p>26</p> <p>Chicken Patty on a Bun Tuna Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn Tomato &amp; Onion Salad</p>	<p>27</p> <p>Cheesesteak on a Roll Buffalo Chicken Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Tater Tots Steamed Carrots</p>	<p>28</p> <p>Chicken Alfredo over Penne Pasta with Garlic Bread Chicken Cesar Salad Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks with Ranch</p>	<p>29</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Cherry Tomatoes Cucumber Slices</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, fat-free chocolate, fat-free strawberry

**Daily Alternates**

- ½ Cheese & Yogurt Meal with Goldfish Crackers
- Melted Cheese Sandwich
- Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers

**(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**

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**Meal Prices**

Student Lunch \$5.25  
Reduced Lunch \$0.00  
Faculty Lunch \$6.00

