



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Cheese Pizza</p> <p>Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Green Peas Grape Tomato</p>
<p>4</p> <p>Italian Meatballs &amp; Cheese on a Roll</p> <p>Chicken Nuggets with Roll</p> <p><b>FEATURED VEGGIES</b> Oven Fries Red Pepper Strips</p>	<p>5</p> <p>Mac &amp; Cheese</p> <p>Walking Taco with Pretzel Stick</p> <p><b>FEATURED VEGGIES</b> Green Beans Caesar Salad</p>	<p>6</p> <p>Hot Dog on a Roll</p> <p>Ranch Roasted Chicken with Roll</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Green Pepper Strips</p>	<p>7</p> <p>Toasted Cheese</p> <p>Sandwich Buffalo Chicken &amp; Cheese Flatbread</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Corn Salad</p>	<p>8</p> <p>BBQ Ribby on a Bun</p> <p>Pepperoni Pizza</p> <p><b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Chickpea Salad</p>
<p>11</p> <p>Turkey &amp; Cheese Melt on a Croissant</p> <p>Chicken &amp; Mashed Potato Bowl with Roll</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn</p>	<p>12</p> <p>Cheese Quesadilla</p> <p>Beef Quesadilla</p> <p><b>FEATURED VEGGIES</b> Street Corn Salad Salsa</p>	<p>13</p> <p>Mini Corndogs</p> <p>Asian Sesame Chicken over Rice</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>Buffalo Chicken Dip over Tortilla Chips</p> <p><b>FEATURED VEGGIES</b> Baked Beans Caesar Salad</p>	<p>15</p> <p>BBQ Pork Sandwich</p> <p>Cheese Pizza Sticks with Dipping Sauce</p> <p><b>FEATURED VEGGIES</b> Oven Roasted Zucchini Coleslaw</p>
<p>18</p> <p>Toasted Cheese Sandwich</p> <p>Chicken Nuggets with Roll</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Tater Tots</p>	<p>19</p> <p>Beef Soft Tacos</p> <p>Nachos Grande with Tortilla Chips</p> <p><b>FEATURED VEGGIES</b> Refried Beans Lettuce &amp; Tomato</p>	<p>20</p> <p>Cheeseburger on a Bun</p> <p>Chicken Parmesan Sandwich</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad</p>	<p>21</p> <p>Italian Super Sub</p> <p>Chicken Tenders with Soft Pretzel</p> <p><b>FEATURED VEGGIES</b> Curly Fries Mixed Vegetables</p>	<p>22</p> <p>Cheese Pizza</p> <p>Egg &amp; Cheese on a Croissant</p> <p><b>FEATURED VEGGIES</b> Oven Browned Sweet Potato Corn Salad</p>
<p>25</p> <p>NO SCHOOL</p>	<p>26</p> <p>CHEF'S CHOICE</p>	<p>27</p> <p>CHEF'S CHOICE</p>	<p>28</p> <p>CHEF'S CHOICE</p>	<p>29</p> <p>CHEF'S CHOICE</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 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



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