



**Meet Your Nutritious Friend:**  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Personal Cheese Pizza PB&J Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots
4 Mini Corn Dogs PB&J Grab & Go <b>FEATURED VEGGIES</b> BBQ Baked Beans	5 Walking Taco w/ Doritos PB&J Grab & Go <b>FEATURED VEGGIES</b> Golden Corn	6 Dutch Waffle PB&J Grab & Go <b>FEATURED VEGGIES</b> Smiley Potatoes	7 Personal Cheese Pizza PB&J Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots	8 NO LUNCH HALF DAY
11 Turkey & Cheese Melt on a Pretzel Bun PB&J Grab & Go <b>FEATURED VEGGIES</b> Cucumber Coins	12 Chicken & Cheese Pizza Quesadilla PB&J Grab & Go <b>FEATURED VEGGIES</b> Corn	13 Belgian Waffle Sticks PB&J Grab & Go <b>FEATURED VEGGIES</b> Hash Brown Rounds	14 Dino Nuggets w/ Roll PB&J Grab & Go <b>FEATURED VEGGIES</b> Steamed Broccoli	15 Personal Cheese Pizza PB&J Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots
18 Pizza Crunchers PB&J Grab & Go <b>FEATURED VEGGIES</b> Sweet Peas	19 Italian Hoagie PB&J Grab & Go <b>FEATURED VEGGIES</b> Cucumber Coins	20 Egg & Cheese On A Bagel side of Turkey Bacon PB&J Grab & Go <b>FEATURED VEGGIES</b> Tots	21 Personal Cheese Pizza PB&J Grab & Go <b>FEATURED VEGGIES</b> Baby Carrots	22 NO LUNCH HALF DAY
25 Grilled Cheese w/ Goldfish PB&J Grab & Go <b>FEATURED VEGGIES</b> Waffle Fries	26 Walking Taco with Doritos PB&J Grab & Go <b>FEATURED VEGGIES</b> Corn	27 Dino Nuggets w/Biscuit PB&J Grab & Go Turkey & Cheese Wrap <b>FEATURED VEGGIES</b> Mixed veggies	28 Mac & Cheese PB&J Grab & Go <b>FEATURED VEGGIES</b> Celery Sticks w/ Cream Cheese	29 Personal Cheese Pizza PB&J 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

fat-free white

### 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

