








| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
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|  | <p>1</p> <p>Stuffed Cheesy Breadstick</p> <p>American Hoagie</p> <p>FEATURED VEGGIES Peas</p> | <p>2</p> <p>BBQ Chicken Grinder</p> <p>Turkey & Cheese Hoagie</p> <p>FEATURED VEGGIES Baby Carrots</p> | <p>3</p> <p>Fish Sticks</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Wedged Potatoes</p> | <p>4</p> <p>Cheesy Pizza</p> <p>Turkey Club Sandwich</p> <p>FEATURED VEGGIES Fresh Celery Sticks</p> | <p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable along with seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, fat-free chocolate</p> <p>Daily Alternates</p> <p>Cereal Bag (Cereal, Cheese Stick, Yogurt & Gold Fish)</p> |
| <p>7</p> <p>Hot Dog</p> <p>Ham & Cheese Wrap</p> <p>FEATURED VEGGIES Tater Tots</p> | <p>8</p> <p>Cheese Steak</p> <p>American Hoagie</p> <p>FEATURED VEGGIES Baked Beans</p> | <p>9</p> <p>Maple Waffle with Sausage & Blueberries</p> <p>Turkey & Cheese Hoagie</p> <p>FEATURED VEGGIES Baby Carrots</p> | <p>10</p> <p>Grilled Ham & Cheese Sandwich</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Green Beans</p> | <p>11</p> <p>Cheesy Pizza</p> <p>Turkey Club Sandwich</p> <p>FEATURED VEGGIES Cucumber Coins</p> | |
| <p>14</p> <p>School Closed</p> | <p>15</p> <p>Nachos Grande With Tortilla Chips</p> <p>American Hoagie</p> <p>FEATURED VEGGIES Baked Beans</p> | <p>16</p> <p>Cowboy Burger on a bun</p> <p>Turkey & Cheese Hoagie</p> <p>FEATURED VEGGIES Glazed Carrots</p> | <p>17</p> <p>Chicken Tenders With Buttermilk Biscuit</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Baked Beans</p> | <p>18</p> <p>Cheesy Pizza</p> <p>Turkey Club Sandwich</p> <p>FEATURED VEGGIES Fresh Celery Sticks</p> | |
| <p>21</p> <p>Corn Dog</p> <p>Ham & Cheese Wrap</p> <p>FEATURED VEGGIES Oven Fries</p> | <p>22</p> <p>Chicken Patty on a Bun</p> <p>American Hoagie</p> <p>FEATURED VEGGIES Cherry Tomatoes</p> | <p>23</p> <p>Cheesesteak on a roll</p> <p>Turkey & Cheese Hoagie</p> <p>FEATURED VEGGIES Green Beans</p> | <p>24</p> <p>Meatballs, Marinara, over Penne Pasta with Garlic Bread</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli</p> | <p>25</p> <p>Cheesy Pizza</p> <p>Turkey Club Sandwich</p> <p>FEATURED VEGGIES Cucumber Coins</p> | |
| <p>28</p> <p>Cheeseburger on a bun</p> <p>Ham & Cheese Wrap</p> <p>FEATURED VEGGIES Baked Beans</p> | <p>29</p> <p>Taco Beef over Nacho Chips</p> <p>FEATURED VEGGIES Green Beans</p> | <p>30</p> <p>French Toast Sticks with Sausage & Blueberries</p> <p>Turkey & Cheese Hoagie</p> <p>FEATURED VEGGIES Baby Carrots</p> | <p>31</p> <p>Macaroni & Cheese</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Cherry Tomatoes</p> |  | <p>V) Vegetarian</p> <p>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> |
| <p>Your Team</p> <p>Anne King, Food Service Director ma1527@metzcorp.com</p> | | | | |  |



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|  | 1 Chocolate Chip Muffin Assorted Cereals or Poptart with Graham Crackers | 2 Mini Cinni Assorted Cereals or Poptart with Graham Crackers | 3 Blueberry Muffin Assorted Cereals or Poptart with Graham Crackers | 4 Apple Strudel Assorted Cereals or Poptart with Graham Crackers | <p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Lucky Charms</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, fat-free chocolate</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p> |
| 7 Mini Banana or Blueberry Loaf Assorted Cereals or Poptart with Graham Crackers | 8 Chocolate Chip Muffin Assorted Cereals or Poptart with Graham Crackers | 9 Mini Cinni Assorted Cereals or Poptart with Graham Crackers | 10 Blueberry Muffin Assorted Cereals or Poptart with Graham Crackers | 11 Dutch Waffle Assorted Cereals or Poptart with Graham Crackers | |
| 14 School Closed | 15 Chocolate Chip Muffin Assorted Cereals or Poptart with Graham Crackers | 16 Mini Cinni Assorted Cereals or Poptart with Graham Crackers | 17 Blueberry Muffin Assorted Cereals or Poptart with Graham Crackers | 18 Apple Strudel Assorted Cereals or Poptart with Graham Crackers | |
| 21 Mini Banana or Blueberry Loaf Assorted Cereals or Poptart with Graham Crackers | 22 Chocolate Chip Muffin Assorted Cereals or Poptart with Graham Crackers | 23 Mini Cinni Assorted Cereals or Poptart with Graham Crackers | 24 Blueberry Muffin Assorted Cereals or Poptart with Graham Crackers | 25 Dutch Waffle Assorted Cereals or Poptart with Graham Crackers | |
| 28 Mini Banana or Blueberry Loaf Assorted Cereals or Poptart with Graham Crackers | 29 Chocolate Chip Muffin Assorted Cereals or Poptart with Graham Crackers | 30 Mini Cinni Assorted Cereals or Poptart with Graham Crackers | 31 Blueberry Muffin Assorted Cereals or Poptart with Graham Crackers |  | |

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