



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Beef Soft Tacos FEATURED VEGGIES Golden Corn	3 Cheeseburger on a Bun FEATURED VEGGIES Glazed Carrots	4 Corn Dog FEATURED VEGGIES Curly Fries	5 Pepperoni Pizza FEATURED VEGGIES Mixed Vegetable
8 Pierogies w/ Dinner Roll FEATURED VEGGIES Green Beans	9 Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn	10 Sesame Chicken Over Brown Rice FEATURED VEGGIES Broccoli	11 Ribby Sandwich FEATURED VEGGIES Carrots	12 Fiestada Pizza FEATURED VEGGIES French Fry
15 Cheeseburger on a Bun FEATURED VEGGIES Mixed Vegetables	16 Nachos Grande FEATURED VEGGIES Golden Corn	17 Pulled Chicken Sandwich FEATURED VEGGIES Sweet Peas	18 Mac & Cheese FEATURED VEGGIES Stewed Tomatoes	19 Cheese Pizza FEATURED VEGGIES Steamed Green Beans
22 Popcorn Chicken with Roll FEATURED VEGGIES Mashed Potatoes	23 French Toast Sticks w/ Sausage Patty FEATURED VEGGIES Tri Patty Tater	24 	25 	26 No School
29 No School	30 No School	31 		

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, f, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
Craveables

Weekly Cold Cut Sandwiches & Wraps

Your Team

Kaitlin Hannigan, General Manager
570.675.7458 ext. 2799
ma1124@metzcorp.com

Meal Prices

Student Lunch	\$2.15
Reduced Lunch	\$0.00
Faculty Lunch	\$4.85

