


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Cheeseburger/Hamburger	Chicken Patty	<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>	
3 Bacon Cheeseburger <b>FEATURED VEGGIES</b> Glazed Carrots	4 Nachos Grande <b>FEATURED VEGGIES</b> Golden Corn	5 Turkey and Cheese on a Pretzel Bun <b>FEATURED VEGGIES</b> Mixed Vegetables	6 Stuffed Shells with Sauce and a Garlic Breadstick <b>FEATURED VEGGIES</b> Broccoli	7 Dip and Dust Wing Bar  <b>FEATURED VEGGIES</b> French Fries		
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Cheeseburger/Hamburger	Chicken Patty		
10 Sweet and Sour Chicken Nuggets <b>FEATURED VEGGIES</b> Carrots	11 Walking Tacos with Choice of Protein, Served with Sour Cream, Salsa, and Cheddar Cheese <b>FEATURED VEGGIES</b> Golden Corn	12 Cheeseburger Tater Tot Bowl <b>FEATURED VEGGIES</b> Sweet Peas	13 Asian Sesame Chicken over Brown Rice <b>FEATURED VEGGIES</b> Broccoli	14 Early Dismissal French Toast Sticks with Sausage  <b>FEATURED VEGGIES</b> Tri Tater Hash Browns		
BBQ Rib Hoagie	BBQ Rib Hoagie	Spicy Chicken Patty	Cheeseburger/Hamburger	Chicken Patty		
17 No School Today 	18 Soft Tacos with Beef <b>FEATURED VEGGIES</b> Golden Corn	19 Popcorn Chicken Bowl with Mashed Potatoes, Corn, Gravy, Cheddar Cheese. Served with a Dinner Roll <b>FEATURED VEGGIES</b> Mashed Potatoes	20 Macaroni and Cheese Bar Traditional or Buffalo Chicken <b>FEATURED VEGGIES</b> Stewed Tomatoes	21 Buffalo Chicken Cheesesteak <b>FEATURED VEGGIES</b> French Fries		
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Cheeseburger/Hamburger	Chicken Patty		
24 Mini Corn Dog Nuggets <b>FEATURED VEGGIES</b> Green Beans	25 Walking Tacos with Choice of Protein, Served with Sour Cream, Salsa, and Cheddar Cheese <b>FEATURED VEGGIES</b> Golden Corn	26 Orange Chicken Over Fried Rice <b>FEATURED VEGGIES</b> Broccoli	27 French Toast Sticks with Sausage <b>FEATURED VEGGIES</b> Tri Tater Hash Browns	28 Pork BBQ Sandwich <b>FEATURED VEGGIES</b> Carrots		
<b>Your Team</b> Kaitlin Hannigan, General Manager 570-675-7458 ext 2799 <a href="mailto:ma0000@metzcorp.com">ma0000@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch \$2.25 Reduced Lunch \$0.00 Faculty Lunch \$3.50			

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

