




Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Grilled Cheese FEATURED VEGGIES Tomato Soup	2 Cheese Pizza FEATURED VEGGIES French Fries	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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, chocolate, Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
5 Hamburger FEATURED VEGGIES Mixed Vegetable	6 Quesadilla FEATURED VEGGIES Corn	7 Chicken Patty FEATURED VEGGIES Carrots	8 Meatball Hoagie FEATURED VEGGIES Peas	9 Pancake on a Stick Early Dismissal	
12 Pork BBQ FEATURED VEGGIES Green Beans	13 Walking Taco FEATURED VEGGIES Corn	14 Bacon Cheese Burger FEATURED VEGGIES Carrots	15 Chicken Alfredo FEATURED VEGGIES Broccoli	16 Stuffed Crust Pizza FEATURED VEGGIES French Fries	
19 Cheesy Breadstick w/ Marinara FEATURED VEGGIES Mixed Vegetable	20 Soft Tacos FEATURED VEGGIES Corn	21 Hotdog FEATURED VEGGIES Baked beans	22 Popcorn Chicken Bowl FEATURED VEGGIES Mashed Potato's	23 Waffles w/ Sausage Early Dismissal	
26 School Closed FEATURED VEGGIES	27 Cheeseburger FEATURED VEGGIES Pea	28 General Tso w/ Rice FEATURED VEGGIES Broccoli	29 Grilled Cheese FEATURED VEGGIES Tomato Soup	30 Cheese Pizza FEATURED VEGGIES French Fries	
Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com			Meal Prices Student Breakfast \$2.15 Reduced Breakfast \$0.00 Faculty Breakfast \$3.50		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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