

Monday	Tuesday	Wednesday	Thursday	Friday	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, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Chicken Patty	Hamburger/Cheeseburger	
3	4	5	6	7	
Chicken & Waffles	Mac & Cheese	Hot Ham & Cheese Pretzel Melt	Nacho Grande	Italian Dunkers with Marinara	
FEATURED VEGGIES Mixed Vegetables	FEATURED VEGGIES Stewed Tomatoes	FEATURED VEGGIES Sweet Potato Fries	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Steamed Green Beans	
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Chicken Patty	Hamburger/Cheeseburger	
10	11	12	13	14	
No School	No School	Cheesesteak	Texas Toasted Cheese Sandwich	Popcorn Chicken Mashed Potato Bowl with Roll	
		FEATURED VEGGIES Rancho Carrots	FEATURED VEGGIES Tomato Soup	FEATURED VEGGIES Steamed Corn	
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Chicken Patty	Hamburger/Cheeseburger	
17	18	19	20	21	
Italian Meatball & Cheese on a Bun	Chicken Wing Dip w/ Nachos	Cowboy Burger	Turkey w/ Gravy Mashed Potatoes Stuffing Cranberry Sauce	Early Dismissal Loaded Bacon Cheddar Pierogis with Dinner Roll	
FEATURED VEGGIES Green Beans	FEATURED VEGGIES Mexicali Corn	FEATURED VEGGIES Curly Fries	FEATURED VEGGIES Glazed Carrots	FEATURED VEGGIES Sweet Potato Fries	
Chicken Patty	BBQ Rib Hoagie	Spicy Chicken Patty	Chicken Patty	Hamburger/Cheeseburger	
24	25	26	27	28	
Sesame Chicken w/ Brown Rice	Nacho Grande	Early Dismissal French Toast w/ Sausage	 No School Happy Thanksgiving	No School	
FEATURED VEGGIES Roasted Broccoli	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Tri Tater Hash brown			
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
					

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

