# **October 2025**



Meet Your Nutritious Friend: Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Ham & Cheese on a Pretzel Roll	Chicken Patty on a Bun	Toasted Pepperoni Pizza Flatbread Sandwich
		FEATURED VEGGIES Hash Brown Potato	FEATURED VEGGIES Green Beans	FEATURED VEGGIES Roasted Zucchini
6	7	8	9	10
Chicken Nuggets with Roll	Macaroni & Cheese	Hot Dog on a Roll	Toasted Cheese Sandwich	Cheese Pizza Bagel
FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Stewed Tomatoes	FEATURED VEGGIES Mixed Vegetables	FEATURED VEGGIES Tomato Soup	FEATURED VEGGIES Sweet Potatoes Fries
13	14	15	16	17
Turkey & Cheese Melt on a Croissant	Beef & Cheese Quesadilla	Chicken & Vegetable Pot Stickers w/ Asian Sauce	Ribby Sandwich	Cheese Pizza Crunchers with Dipping Sauce
FEATURED VEGGIES Roasted Cauliflower	FEATURED VEGGIES Mexicali Corn	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Smokey BBQ Baked Beans	FEATURED VEGGIES Oven Roasted Zucchini
20	21	22	23	24
Fish Sticks with Roll	Beef Soft Tacos	Cheeseburger on a Bun	Corn Dog w/ Dinner Roll	Pepperoni Pizza
FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Golden Corn	FEATURED VEGGIES Glazed Carrots	FEATURED VEGGIES Mixed Vegetable	FEATURED VEGGIES Sidewinder Fries
27	28	29	30	31
Sloppy Joe on Brioche Roll	Walking Taco with Pretzel Stick	Cheesesteak on a Roll	Chicken Alfredo with Garlic Breadstick	Early Dismissal Fiestada Pizza
FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Mexicali Corn	FEATURED VEGGIES Ranchero Carrots	FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Mixed Vegetable Happy

# 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 white, fat-free chocolate, fat-free vanilla,

# **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 \$2.25 Reduced Lunch \$0.00 Faculty Lunch \$4.85



