

| Monday                                                                                                                                          | Tuesday                                                                                                                | Wednesday                                                                                       | Thursday                                                                                    | Friday                                                                                                   | <b>What is a Meal?</b><br>Students must choose at least 3 of the 5 components available for the school lunch price.<br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Vegetable<br>- Choice of Fruit<br>- Choice of Milk<br><br>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.<br><br><b>Choice of Vegetable</b><br>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables<br><br><b>Choice of Fruit</b><br>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice<br><br><b>Choice of Milk</b><br>1% white, fat-free white, fat-free chocolate, fat-free vanilla,<br><br><b>Daily Alternates</b><br>Fresh Entree Salad of the Week<br>Craveables<br>Weekly Cold Cut Sandwiches & Wraps |
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| 1                                                                                                                                               | 2                                                                                                                      | 3                                                                                               | 4                                                                                           | 5                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|                                                                                                                                                 | Sesame Chicken over Fried Rice<br><br><b>FEATURED VEGGIES</b><br>Green Beans                                           | Dip & Dust Wings with Garlic Knot<br><br><b>FEATURED VEGGIES</b><br>BBQ Baked Beans             | Classic Italian Super Sub<br><br><b>FEATURED VEGGIES</b><br>Sidewinder Fries                | Buffalo Chicken Dip with Tortilla Chips<br><br><b>FEATURED VEGGIES</b><br>Lemon-Parmesan Broccoli        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 8                                                                                                                                               | 9                                                                                                                      | 10                                                                                              | 11                                                                                          | 12                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Hand-Rolled Meatballs<br>Garlic Knots<br><br><b>FEATURED VEGGIES</b><br>Steamed Mixed Veggies                                                   | Beef or Chicken Nachos Grande<br><br><b>FEATURED VEGGIES</b><br>Fresh Pico de Gallo                                    | Hawaiian Pork Sandwich on Toasted Ciabatta<br><br><b>FEATURED VEGGIES</b><br>Sweet Potato Fries | Build-Your-Own Breakfast Sandwich<br><br><b>FEATURED VEGGIES</b><br>Tri Hash Brown          | Mac and Cheese Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Stewed Tomatoes                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 15                                                                                                                                              | 16                                                                                                                     | 17                                                                                              | 18                                                                                          | 19                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Chicken Nuggets with Buttered Noodles<br><br><b>FEATURED VEGGIES</b><br>Broccoli Salad                                                          | Birria Pork Tacos with Pickled Onions, Birria Broth & Fresh Pico<br><br><b>FEATURED VEGGIES</b><br>Steamed Golden Corn | Chicken Bacon Ranch Sandwich<br><br><b>FEATURED VEGGIES</b><br>Parsley Cauliflower              | Variety of Toasted Crafted Flatbreads<br><br><b>FEATURED VEGGIES</b><br>Steamed Garden Peas | Baha Fish Sandwich on Whole Grain Bun<br><br><b>FEATURED VEGGIES</b><br>Roasted BBQ Cauliflower          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 22                                                                                                                                              | 23                                                                                                                     | 24                                                                                              | 25                                                                                          | 26                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Chicken Bruschetta Sandwich on Focaccia Roll<br><br><b>FEATURED VEGGIES</b><br>Fresh Bruschetta                                                 | Buffalo Chicken or Seasoned Steak over French Fries<br><br><b>FEATURED VEGGIES</b><br>Golden Corn                      | Italian Dunkers with Marinara<br><br><b>FEATURED VEGGIES</b><br>Sweet Steamed Peas              | Build-Your-Own Burger<br><br><b>FEATURED VEGGIES</b><br>Coleslaw                            | Hot Ham and Cheese On Pretzel<br><b>Early Dismissal</b><br><b>FEATURED VEGGIES</b><br>Sweet Potato Fries |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 29                                                                                                                                              | 30                                                                                                                     | 1                                                                                               | 2                                                                                           | 3                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| General Tso's Chicken over Brown Rice Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Steamed Broccoli                                            | Beef Enchilada<br><br><b>FEATURED VEGGIES</b><br>Golden Corn                                                           |                                                                                                 |                                                                                             |                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Your Team</b><br>Kaitlin Hannigan, General Manager<br>570.675.7458 ext. 2799<br><a href="mailto:ma1124@metzcorp.com">ma1124@metzcorp.com</a> |                                                                                                                        |                                                                                                 |                                                                                             |                                                                                                          | <b>Meal Prices</b><br>Student Lunch \$2.25<br>Reduced Lunch \$0.00<br>Faculty Lunch \$3.50                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |



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

