



**Meet Your Nutritious Friend:**  
**Arctic Artichoke**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Offered Daily  |
|--|---|---|--|--|--|
| Hot Ham and Cheese on a Pretzel Roll<br>Breadstick Dipper Craveable<br><b>FEATURED VEGGIES</b><br>Mixed Veggies<br>Fresh Fruit & Veggie Bar  | Soft Shell Tacos<br>Breadstick Dipper Craveable<br><b>FEATURED VEGGIES</b><br>Corn<br>Fresh Fruit & Veggie Bar  | Chicken Parm w/ Pasta<br>Breadstick Dipper Craveable<br><b>FEATURED VEGGIES</b><br>Broccoli<br>Fresh Fruit & Veggie Bar   | Jacked Up Fries<br>Breadstick Dipper Craveable<br><b>FEATURED VEGGIES</b><br>French Fries<br>Fresh Fruit & Veggie Bar  | Cheese Pizza<br>Breadstick Dipper Craveable<br><b>FEATURED VEGGIES</b><br>Green Beans<br>Fresh Fruit & Veggie Bar  |  <p><b>What is a Meal?</b><br/>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 Fruit</b><br/>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b><br/>1% white &amp; fat free chocolate</p> <p><b>Daily Alternate</b></p>  <p><b>Week 1:</b> Breadstick Dipper<br/><b>Week 2:</b> Pizza<br/><b>Week 3:</b> Ham &amp; Cheese<br/><b>Week 4:</b> Super Fruit<br/><b>Week 5:</b> Bagel &amp; Yogurt</p> |
|  <p><b>6</b><br/>Cheeseburger on a Bun<br/>Pizza Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Tater Tots<br/>                     Fresh Fruit &amp; Veggie Bar</p> | <p><b>7</b><br/>Chicken Nuggets with Roll<br/>Pizza Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Steamed Carrots<br/>                     Fresh Fruit &amp; Veggie Bar</p> | <p><b>8</b><br/>Macaroni &amp; Cheese with Breadstick<br/>Pizza Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Mixed Veggies<br/>                     Fresh Fruit &amp; Veggie Bar</p> | <p><b>9</b><br/>Cheese Filled Breadsticks<br/>Pizza Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Broccoli<br/>                     Fresh Fruit &amp; Veggie Bar</p>                               |  |  |
| <p><b>12</b><br/>Philly Cheese Steak Sub<br/>Ham &amp; Cheese Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Green Beans<br/>                     Fresh Fruit &amp; Veggie Bar</p>  | <p><b>13</b><br/>Chicken Quesadillas<br/>Ham &amp; Cheese Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Corn<br/>                     Fresh Fruit &amp; Veggie Bar</p>      | <p><b>14</b><br/>Pasta with Garlic Breadstick<br/>Ham &amp; Cheese Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Broccoli<br/>                     Fresh Fruit &amp; Veggie Bar</p>   | <p><b>15</b><br/>French Toast Sticks with Sausage<br/>Ham &amp; Cheese Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Hash Brown Potatoes<br/>                     Fresh Fruit &amp; Veggie Bar</p> | <p><b>16</b><br/>Cheese Pizza<br/>Ham &amp; Cheese Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Steamed Carrots<br/>                     Fresh Fruit &amp; Veggie Bar</p> |  |
| <p><b>19</b><br/>BBQ Ribby on a Bun<br/>Super Fruit Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Mixed Veggies<br/>                     Fresh Fruit &amp; Veggie Bar</p>  | <p><b>20</b><br/>Chicken, Bacon, Ranch Wrap<br/>Super Fruit Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Corn<br/>                     Fresh Fruit &amp; Veggie Bar</p>    | <p><b>21</b><br/>Comet Bowl<br/>Super Fruit Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Mashed Potatoes<br/>                     Fresh Fruit &amp; Veggie Bar</p>                   | <p><b>22</b><br/>Grilled Cheese Sandwich<br/>Super Fruit Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Green Beans<br/>                     Fresh Fruit &amp; Veggie Bar</p>                       | <p><b>23</b><br/>Cheese Pizza<br/>Super Fruit Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Broccoli<br/>                     Fresh Fruit &amp; Veggie Bar</p>             |  |
| <p><b>26</b><br/><b>No School</b><br/></p>   | <p><b>27</b><br/>Walking Taco<br/>Bagel &amp; Yogurt Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Corn<br/>                     Fresh Fruit &amp; Veggie Bar</p>           | <p><b>28</b><br/>Chicken Patty on a Bun<br/>Bagel &amp; Yogurt Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Mixed Veggies<br/>                     Fresh Fruit &amp; Veggie Bar</p>  | <p><b>29</b><br/>Hot Dog on a Bun<br/>Bagel &amp; Yogurt Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     French Fries<br/>                     Fresh Fruit &amp; Veggie Bar</p>                      | <p><b>30</b><br/>Cheese Pizza<br/>Bagel &amp; Yogurt Craveable<br/> <b>FEATURED VEGGIES</b><br/>                     Carrots<br/>                     Fresh Fruit &amp; Veggie Bar</p>       |  |
| <p><b>Your Team</b><br/>                     Marissa Janesko, General Manager<br/>                     570.000585.3009 ext. 0351<br/> <a href="mailto:ma1113@metzcorp.com">ma1113@metzcorp.com</a></p>   |   |   | <p><b>Meal Prices</b><br/>                     Student Lunch \$2.25<br/>                     Reduced Lunch \$0.00<br/>                     Faculty Lunch \$4.00</p>  |  |  |

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

