



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
BRAVO!					<p>What is a Meal?</p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free chocolate</p> <p>Daily Alternates</p> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps Hot Sandwiches: Chicken Patty and Burgers Cheese Pizza</p>
<p>Hot Honey Roasted Chicken</p> <p>FEATURED VEGGIES Broccoli Fresh Fruit and Veggie Bar</p>	<p>1</p> <p>Pepper Steak Bowl with Lo-Mein Noodles</p> <p>FEATURED VEGGIES Stir Fry Veggies Tossed Salad</p>	<p>2</p> <p>Cowboy Burger</p> <p>FEATURED VEGGIES Green Beans Fresh Fruits & Veggies</p>	<p>3</p> <p>BALLPARK FARE <small>THE HOME FAVORITE OF SWISS FISHBOYS FROM AROUND THE BALLPARKS</small></p> <p>Ballpark Dog With Chili & Cheese</p> <p>FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Fruits & Veggies</p>	<p>4</p> <p>Loaded Pierogies</p> <p>FEATURED VEGGIES Sweet Peas Fresh Fruits & Veggies</p>	
BRAVO!					
<p>7</p> <p>Dip & Dust Wings with Garlic Knot</p> <p>FEATURED VEGGIES BBQ Baked Beans Fresh Fruits & Veggies</p>	<p>8</p> <p>Chicken Fajitas</p> <p>FEATURED VEGGIES Onions and Peppers Fresh Fruits & Veggies</p>	<p>9</p> <p>Buffalo Chicken Mac & Cheese</p> <p>FEATURED VEGGIES Green Beans Fresh Fruits & Veggies</p>	<p>10</p> <p>Burger Bar</p> <p>FEATURED VEGGIES Steamed Carrots Fresh Fruits & Veggies</p>	<p>11</p> <p>Cajun Fish Tacos with Pineapple Salsa</p> <p>FEATURED VEGGIES Lemon-Parm Broccoli Fresh Fruits & Veggies</p>	
BRAVO!					
<p>14</p> <p>Meatball Parm Sub</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruits & Veggies</p>	<p>15</p> <p>Grilled Cheese Sandwich</p> <p>FEATURED VEGGIES Tomato Soup Fresh Fruit & Veggie Bar</p>	<p>16</p> <p>Oven Baked Ham with Pineapple Glaze and Buttered Noodles</p> <p>FEATURED VEGGIES Green Beans Fresh Fruit & Veggie Bar</p>	<p>17</p> <p>Chicken Nuggets with Dinner roll</p> <p>FEATURED VEGGIES Steamed Carrots Fresh Fruit & Veggie Bar</p>	<p>18</p> <p>No School</p>	
BRAVO!					
<p>21</p> <p>No School</p>	<p>22</p> <p>Beef Soft Tacos</p> <p>FEATURED VEGGIES Steamed Golden Corn Baby Carrots</p>	<p>23</p> <p>Orange Chicken with Rice</p> <p>FEATURED VEGGIES Broccoli Fresh Fruit & Veggie Bar</p>	<p>24</p> <p>Breakfast for Lunch</p> <p>French Toast Sticks with Sausage</p> <p>FEATURED VEGGIES Hash Brown Potatoes Fresh Fruits & Veggies</p>	<p>25</p> <p>Pizza Cruncher</p> <p>FEATURED VEGGIES Steamed Carrots Fresh Fruit & Veggie Bar</p>	
BRAVO!					
<p>28</p> <p>Pasta with Meatballs</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Fruit & Veggie Bar</p>	<p>29</p> <p>Choice of Buffalo Chicken or Seasoned Steak over French Fries</p> <p>FEATURED VEGGIES Crinkle Cut Oven Fries Tossed Salad</p>	<p>30</p> <p>Hot Ham & Cheese Pretzel Melt</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruit & Veggie Bar</p>	<p>Cheesesteak Sub</p> <p>FEATURED VEGGIES BBQ Baked Beans Fresh Fruit & Veggie Bar</p>	<p>Italian Dunkers on Garlic Toast with Marinara</p> <p>FEATURED VEGGIES Steamed Green Beans Fresh Fruit & Veggie Bar</p>	
<p>Marissa Janesko, General Manager 570.585.5300 ext. 3509 ma1113@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Lunch \$2.40 Reduced Lunch \$0.00 Faculty Lunch \$4.00</p>		  

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

