




**Meet Your Nutritious Friend:  
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<p>Cheese Filled Breadsticks with Dipping Sauce Ham &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruit &amp; Veggie Bar</p>	<p>1 Walking Taco Ham &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruit &amp; Veggie Bar</p>	<p>2 Macaroni &amp; Cheese with Garlic Breadstick Ham &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Fruit &amp; Veggie Bar</p>	<p>3 Chicken Patty on a Bun Ham &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Fresh Fruit &amp; Veggie Bar</p>	<p>4 Cheese Pizza Ham &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Broccoli Fresh Fruit &amp; Veggie Bar</p>	<p><b>What is a Meal?</b> 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 Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white or fat-free chocolate</p>						
<p><b>BALLPARK FARE</b> Hot Dog on a Bun</p> <p>Pretzel Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> French Fries Fresh Fruit &amp; Veggie Bar</p>	<p>8 Steak Fajitas Pretzel Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruit &amp; Veggie Bar</p>	<p>9 Meatball Parm Sub Pretzel Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Broccoli Fresh Fruit &amp; Veggie Bar</p>	<p>10 Chicken Nuggets w/ Dinner Roll Pretzel Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Fresh Fruit &amp; Veggie Bar</p>	<p>11 Cheese Pizza Pretzel Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Fruit &amp; Veggie Bar</p>							
<p>14 Pizza Cruncher Popcorn Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruit &amp; Veggie Bar</p>	<p>15 Chicken Quesadillas Popcorn Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruit &amp; Veggie Bar</p>	<p><b>Holiday Meal</b> 16 Oven Baked Ham w/ Pineapple Glaze and Buttered Noodles Popcorn Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Fruit &amp; Veggie Bar</p>	<p>17 Cheeseburger on a Bun Popcorn Chicken Salad</p> <p><b>FEATURED VEGGIES</b> Carrots Fresh Fruit &amp; Veggie Bar</p>	<p>18 <b>No School</b></p>							
<p>21 <b>No School</b></p>	<p>22 Popcorn Chicken Bites w/ Pretzel Stick Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Broccoli Fresh Fruit &amp; Veggie Bar</p>	<p>23 French Toast Sticks w/ Sausage Patty Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Hash Brown Potatoes Fresh Fruit &amp; Veggie Bar</p>	<p>24 Grilled Cheese Sandwich Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Fresh Fruit &amp; Veggie Bar</p>	<p>25 Cheese Pizza Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Fresh Fruit &amp; Veggie Bar</p>	 						
<p>28 Hot Ham &amp; Cheese on a Pretzel Roll Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruit &amp; Veggie Bar</p>	<p>29 Soft Shell Tacos Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruit &amp; Veggie Bar</p>	<p>30 Chicken Parmesan with Pasta Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruit &amp; Veggie Bar</p>	<p>IT'S NATIONAL SOFT PRETZEL MONTH Celebrate During Lunch: Pretzel Dipper Craveables Pretzel Rolls Soft Pretzel Sticks</p>								
<p><b>Marissa Janesko, General Manager</b> 570.585.5300 ext. 3509 <a href="mailto:ma1113@metzcorp.com">ma1113@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$2.25</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table>		Student Lunch	\$2.25	Reduced Lunch	\$0.00	Faculty Lunch	\$4.00	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.