

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
 FRESH SANDWICHES, SALADS, AND WRAPS MADE DAILY					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.
Chili Cheese Dog FEATURED VEGGIES	Beef Enchilada FEATURED VEGGIES Corn	Comet Bowl Popcorn Chicken Mashed Potato Bowl FEATURED VEGGIES Mashed Potatoes	Chicken, Bacon, Ranch Melt FEATURED VEGGIES Green Beans	Pasta Bar with Garlic Knot FEATURED VEGGIES Roasted Broccoli	
 CHEESE, PEPPERONI, AND SPECIALITY PIZZA MADE DAILY					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, chocolate, vanilla, and strawberry
Belgium Waffles with fruit toppings FEATURED VEGGIES Hash Brown Potatoes	Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Stir Fry Veggies	Chicken Tenders with Pretzel Stick FEATURED VEGGIES Broccoli	Loaded Pierogis FEATURED VEGGIES Glazed Carrots	Burger Bar FEATURED VEGGIES Green Beans	
 CHICKEN PATTY, SPICY CHICKEN PATTY, BURGERS, AND CHEESEBURGERS OFFERED DAILYs.					
No School 14	No School 15	Meatball Parm Sandwich on Toasted Ciabatta FEATURED VEGGIES Lemon-Parm Broccoli	Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Mixed Veggies Tomato Mozzarella Salad	Buffalo Chicken Dip FEATURED VEGGIES Zucchini	
NATIONAL SCHOOL LUNCH WEEK!!					
Steak and Cheese Hoagie FEATURED VEGGIES Grilled Onions & Peppers	Beef or Chicken Walking Taco FEATURED VEGGIES Roasted Corn	Macaroni and Cheese with Garlic Breadsticks FEATURED VEGGIES Broccoli	Rib-B-Que Sandwich FEATURED VEGGIES Baked Beans	Boneless Wing Bites FEATURED VEGGIES Mixed Veggies	
 FRUIT & YOGURT PARFAIT, PB&j, HUMMUS & VEGGIE CRAVEABLE					
Chicken & Broccoli Alfredo Pasta FEATURED VEGGIES Broccoli Alfredo	Chimichurri Pork Soft Tacos FEATURED VEGGIES Steamed Golden Corn	French Toast Sticks, Sausage Patty FEATURED VEGGIES Breakfast Potatoes	Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup		
Marissa Janesko, General Manager 570.585.5300 ma1113@metzcorp.com			Meal Prices Student Paid Lunch \$2.40 Faculty Lunch \$4.00		

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

