

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
2	3	4	5	6		
		Dip & Dust Boneless Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	Burger Bar FEATURED VEGGIES Onion Rings Tomato Mozzarella Salad	Buffalo Chicken Hoagie FEATURED VEGGIES Lemon-Parm Broccoli		
 Fresh Made Grab –n – Go Sandwiches, Salads, & Wraps Made Daily						
9	10	11	12	13	<p>What is a Meal?</p> <p>Students 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 white, chocolate, vanilla, and strawberry</p>	
Pasta Bar w/ Garlic Bread FEATURED VEGGIES Steamed Mixed Veggies	Beef or Chicken Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	Hawaiian Pork Sandwich FEATURED VEGGIES Fresh Pineapple Slaw	Build-Your-Own Breakfast Sandwich Customizable for (V) FEATURED VEGGIES Tri Hash Brown	Steak and Cheese Wrap FEATURED VEGGIES Fresh Zucchini		
 Cheese, Pepperoni, and Specialty Pizzas Made Daily!						
16	17	18	19	20		
Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Broccoli Salad	Chimichurri Pork Soft Tacos with Mango Salsa FEATURED VEGGIES Steamed Golden Corn	Buffalo Mac and Cheese w/ Roll FEATURED VEGGIES Roasted Cauliflower	Variety of Toasted Crafted Flatbreads FEATURED VEGGIES Steamed Garden Peas	Baha Fish Sandwich on Toasted Ciabatta FEATURED VEGGIES Cilantro Lime Slaw		
 Chicken Patty, Spicy Chicken Patty, & Hamburger/Cheeseburger Offered Daily						
23	24	25	26	27		
Bruschetta Sandwich with Chicken or Mozzarella Cheese (V) on Toasted Rosemary Focaccia Roll FEATURED VEGGIES Zucchini Fresh Bruschetta	Choice of Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries	Nashville Hot Chicken Maple Flatbread FEATURED VEGGIES Sweet Potato Fries Chickpea Salad	Hot Ham and Cheese FEATURED VEGGIES BBQ Baked Beans Coleslaw	Bosco Sticks FEATURED VEGGIES Steamed Green Beans		
 Fruit and Yogurt Parfaits, Hummus & Veggies, PB&J						
30						
General Tso's Chicken over White Rice Steamed Edamame over White Rice (V) FEATURED VEGGIES Steamed Broccoli Cucumber Salad						
Your Team Marissa Janesko, General Manager 570.585.5309 ma1113@metzcorp.com			Meal Prices Student \$2.40 Free/ Reduced \$0.00 Faculty Lunch \$4.00			

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

