



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>2</b></p> 	<p><b>3</b></p>	<p><b>4</b></p> <p>Chicken Nuggets with Pretzel Stick Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruits &amp; Veggies</p>	<p><b>5</b></p> <p>Cheeseburger on a Bun Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Sweet Potato Fries Fresh Fruits &amp; Veggies</p>	<p><b>6</b></p> <p>Cheese Pizza Bagel &amp; Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits &amp; Veggies</p>	 <p>Featuring Delicious Carnival Themed Food, Fun, &amp; Prizes</p> <p>September 12th and 13th During Lunches</p> <p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price. u</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 1/2 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, fat-free white, and chocolate,</p> <p>Marissa Janesko, General Manager <a href="mailto:ma1113@metzcorp.com">ma1113@metzcorp.com</a></p>
<p><b>9</b></p> <p>Chicken Patty on a Bun Pizza Flatbread Craveable</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Fruits &amp; Veggies</p>	<p><b>10</b></p> <p>Soft Shell Tacos Pizza Flatbread Craveable</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruits &amp; Veggies</p>	<p><b>11</b></p> <p>Buffalo Chicken Dip w/ Tortilla Chips Pizza Flatbread Craveable</p> <p><b>FEATURED VEGGIES</b> Broccoli Fresh Fruits &amp; Veggies</p>	<p><b>12</b></p>  <p>Corn Dog Pizza Flatbread Craveable</p> <p><b>FEATURED VEGGIES</b> Curly Fair Fries Fresh Fruits &amp; Veggies</p>	<p><b>13</b></p>  <p>French Bread Pizza Pizza Flatbread Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Candied Apple Slices</p>	
<p><b>16</b></p> <p>Hot Ham &amp; Cheese Turkey and Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Fresh Fruits &amp; Veggies</p>	<p><b>17</b></p> <p>Nachos Grande Turkey and Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruits &amp; Veggies</p>	<p><b>18</b></p> <p>French Toast Sticks with Sausage Patty Turkey and Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Hash Brown Potatoes Fresh Fruits &amp; Veggies</p>	<p><b>19</b></p> <p>Pasta with Marinara Sauce Meatball, &amp; Garlic Bread Turkey and Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Fruits &amp; Veggies</p>	<p><b>20</b></p> <p>Cheese Pizza Turkey and Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits &amp; Veggies</p>	
<p><b>23</b></p> <p>Meatball Parm Hoagie Nacho Craveable</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Fruits &amp; Veggies</p>	<p><b>24</b></p> <p>Hard Shell Tacos Nacho Craveable</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruits &amp; Veggies</p>	<p><b>25</b></p> <p>Mac and Cheese Nacho Craveable</p> <p><b>FEATURED VEGGIES</b> Stewed Tomatoes Fresh Fruits &amp; Veggies</p>	<p><b>26</b></p> <p>BBQ Rib Sandwich Nacho Craveable</p> <p><b>FEATURED VEGGIES</b> Baked Beans Fresh Fruits &amp; Veggies</p>	<p><b>27</b></p> <p>Three Cheese French Bread Pizza Nacho Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Fresh Fruits &amp; Veggies</p>	
<p><b>30</b></p> <p>Popcorn Chicken Bites w/ Buttered Noodle Italian Sub</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits &amp; Veggies</p>	<p>Walking Taco Italian Sub</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Fruits &amp; Veggies</p>	<p>Grilled Cheese Sandwich Italian Sub</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Fresh Fruits &amp; Veggies</p>	<p>Jacked Up Fries Italian Sub</p> <p><b>FEATURED VEGGIES</b> Waffle Fries Fresh Fruits &amp; Veggies</p>	<p>Stuffed Crust Pizza Italian Sub</p> <p><b>FEATURED VEGGIES</b> Fresh Fruits &amp; Veggies</p>	

Ala Carte Prices		Meal Prices	
Bottled Water	\$0.55	Student Paid Lunch	\$2.25
Snack	\$0.55	Faculty Lunch	\$4.00

Don't Forget...ICE CREAM DAY!!  
Tuesday: Newton  
Friday: SAE, Wavery, CSE  
All Ice Cream \$1.25



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