



Meet Your Nutritious Friend:
Arctic Artichoke

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|--|--|---|---|---|
| | | | 1 Hot Dog on a Roll Tuna on a Bun FEATURED VEGGIES Peas Celery Sticks | 2 Pizza (V) Caesar Salad FEATURED VEGGIES Carrot Sticks Veggie Patch | What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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. 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, Lactaid, FF Chocolate, and FF Strawberry Daily Alternates Fresh Entree Salad or Sun Butter & Jelly (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> |
| 5 Chicken Barbeque Wraps Turkey & Cheese Sandwich FEATURED VEGGIES Cucumber Slices Red Pepper Strips | 6 Grilled Cheese Italian Sub FEATURED VEGGIES Tator Tots Broccoli | 7 Beef-a-Roni Fresh Garden Salad FEATURED VEGGIES Grape Tomatoes Green Pepper Strips | 8 Chicken Patty on a Bun Turkey Ham & Cheese Sandwich FEATURED VEGGIES Celery Sticks French Fries | 9 Pizza (V) Caesar Salad FEATURED VEGGIES Carrot Sticks Veggie Patch | |
| 12 Macaroni & Cheese Mixed Cheese Sandwich FEATURED VEGGIES Cucumber Slices Red Pepper Strips | 13 Mini Maple Pancakes Italian Sub FEATURED VEGGIES Sausage Links Mixed Vegetables | 14 Pasta with Meat Sauce Fresh Garden Salad FEATURED VEGGIES Steamed Broccoli Grape Tomatoes | 15 Chicken Sticks with a Biscuit Tuna on a Bun FEATURED VEGGIES Baked Beans Celery Sticks | 16 Pizza (V) Caesar Salad FEATURED VEGGIES Carrot Sticks Veggie Patch | |
| 19 Popcorn Chicken with Goldfish Turkey Ham & Cheese Sandwich FEATURED VEGGIES Cucumber Slices Red Pepper Strips | 20 Grilled Cheese Italian Sub FEATURED VEGGIES French Fries Mixed Vegetables | 21 Pizza Crunchers with Marinara Fresh Garden Salad FEATURED VEGGIES Green Beans Peas | 22 Cheeseburger on a Roll Turkey Ham & Cheese Sandwich FEATURED VEGGIES Celery Sticks Tator Tots | 23 Pizza (V) Caesar Salad FEATURED VEGGIES Carrot Sticks Veggie Patch | |
| | 27 Mini Maple Pancakes Italian Sub FEATURED VEGGIES Sausage Links Mixed Vegetables | 28 Mozzarella Sticks with Marinara Fresh Garden Salad FEATURED VEGGIES Broccoli Green Pepper Strips | 29 Chicken Nuggets with Goldfish Turkey & Cheese Sandwich FEATURED VEGGIES Celery Sticks Baked Beans | 30 Pizza (V) Caesar Salad FEATURED VEGGIES Carrot Sticks Veggie Patch | |
| | | | | | |
| Café Contact Cristine McAllister, Food Service Director 609-383-6900 ext. 4039 cristine.mcallister@metzcorp.com | | | Meal Prices Student Paid \$2.90 Free & Reduced Free Faculty Lunch \$5.00 | | |

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