




| Monday | Tuesday | Wednesday | Thursday | Friday | <h3>What is a Meal?</h3> <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> <h3>Choice of Vegetable</h3> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <h3>Choice of Fruit</h3> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <h3>Choice of Milk</h3> <p>1% White, FF Chocolate, FF Strawberry, Lactaid</p> <h3>Daily Alternates</h3> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p> <p>October 1st- National Vegetarian Day October 13th-17th - National School Lunch Week October 16th- World Food Day October 20th – National Mozzarella Stick Day</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> | | | | |
|---|--|--|--|--|---|---------------|------|---------------|--------|
| | | 1 Baked Ziti Fresh Garden Salad (V) FEATURED VEGGIES Tator Tots Fresh Cucumber Slices | 2 Chicken Patty on a Bun American Hoagie FEATURED VEGGIES Baked Beans Green | 3 Pizza (V) Caesar Salad (V) FEATURED VEGGIES Diced Tomatoes Roasted Zucchini | | | | | |
| 6 Chicken Nuggets with Buttered Noodles Turkey & Cheese Hoagie FEATURED VEGGIES Oven Fries Red pepper Strips | 7 Soft Tacos Taco Salad FEATURED VEGGIES Green Beans Caesar Salad | 8 Beef-a-Roni Fresh Garden Salad (V) FEATURED VEGGIES Mashed Potatoes Green pepper Strips | 9 Wings (HS) Drumsticks (MS) FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes | 10 Pizza (V) Turkey Sausage Pizza FEATURED VEGGIES Roasted Potatoes Bean Salad | | | | | |
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| | 14 No School | 15 Southwest Chicken & Rice Bowl Turkey & Cheese Sandwich FEATURED VEGGIES Steamed Broccoli Carrot Sticks | 16 Hot Turkey Ham & Cheese On a Pretzel Roll American Hoagie FEATURED VEGGIES Baked Beans Carrot & Raisin Salad | 17 Pizza (V) Classic Italian Super Sub FEATURED VEGGIES Green Pepper Strips Garden Side Salad | | | | | |
| 20 Mozzarella Sticks with Marinara Sauce Turkey & Cheese Hoagie FEATURED VEGGIES Green Pepper Strips Tator Tots | 21 Soft Tacos Taco Salad FEATURED VEGGIES Rice & Beans Lettuce & Tomato | 22 Macaroni & Cheese Fresh Garden Salad (V) FEATURED VEGGIES Glazed Carrots Broccoli Salad | 23 Chicken Tenders with a Dinner Roll American Hoagie FEATURED VEGGIES Curly Fries Green Beans | 24 Pizza Caesar Salad (V) FEATURED VEGGIES Diced Tomatoes Roasted zucchini | | | | | |
| 27 Toasted Cheese Sandwich (V) Chicken Caesar Salad FEATURED VEGGIES Tomato Soup Green Pepper Strips | 28 Soft Tacos Taco Salad FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad | 29 Chicken Alfredo over Pasta with Breadsticks Fresh Garden Salad FEATURED VEGGIES Steamed Broccoli Ranchero Carrots | 30 Wings (HS) Drumsticks (MS) FEATURED VEGGIES Tator Tots Celery Sticks with Ranch | 31 Pizza (V) Fresh Garden Salad FEATURED VEGGIES Cherry Tomatoes Cucumber Slices | | | | | |
| <h3>Café Contact:</h3> <p>Cristine McAllister, Food Service Director 609-383-6900 ext. 4039 ma1594@metzcorp.com</p> | | | | | | | | | |
| <h3>Meal Prices</h3> <table><tr><td>Student Lunch</td><td>Free</td></tr><tr><td>Faculty Lunch</td><td>\$5.00</td></tr></table> <div></div> | | | | | | Student Lunch | Free | Faculty Lunch | \$5.00 |
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

