

Monday	Tuesday	Wednesday	Thursday	Friday	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. 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, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps November is National Pepper Month November is National Bread Month November 3 – National Sandwich Day November 14 – National Pickle Day November 25 – Thanksgiving Lunch (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>
3 Spicy Chicken Patty Sandwich Turkey & Cheese Hoagie FEATURED VEGGIES Cucumber Slices Red Pepper Strips	4 Turkey Bacon Cheeseburger with J. Clarke's Sauce Fresh Garden Salad (V) FEATURED VEGGIES Bean Salad Golden Corn	5 Pizza Turkey Ham & Cheese Sandwich FEATURED VEGGIES Side Salad Green Pepper Strips	6 No School	7 No School	
10 Crispy General Tso's Chicken over White Rice Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Broccoli Baby Carrots		12 Chicken Patty Sandwich Turkey Ham & Cheese Sandwich FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	13 Waffles and Chicken Tenders Caesar Salad (V) FEATURED VEGGIES Romaine Lettuce Celery Sticks	14 Pizza (V) Italian Hoagie Pickles on the Side FEATURED VEGGIES Side Salad Green Beans	
17 Popcorn Chicken with a Dinner Roll Turkey & Cheese Hoagie FEATURED VEGGIES Oven Fries Red Pepper Strips	18 Tacos Fresh Garden Salad (V) FEATURED VEGGIES Roasted Zucchini Caesar Salad	19 Lasagna Turkey Ham & Cheese Sandwich FEATURED VEGGIES Sliced Cucumbers Green Pepper Strips	20 Meatball Sub Buffalo Chicken Dip FEATURED VEGGIES Tator Tots Steamed Corn	21 Pizza (V) Italian Hoagie FEATURED VEGGIES Side Salad Celery Sticks	
24 Cheeseburger Tater Tot Bowl with Queso Cheese Sauce Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	25 Thanksgiving Lunch Turkey with Gravy and a Dinner Roll Mashed Potatoes Green Beans	26 Chef's Choice		28 No School	
Café Contact: Cristine McAllister, General Manager 609-383-6900 ext. 4039 ma1594@metzcorp.com					Meal Prices Student Lunch Faculty Lunch Free \$5.00



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

