

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	4	5	6	7	
Spicy Chicken Patty Sandwich FEATURED VEGGIES Red Pepper Strips Cucumber Slices	Homemade Mac & Cheese (V) FEATURED VEGGIES Bean Salad Golden Corn	Pizza (V) FEATURED VEGGIES Side Salad Green Pepper Strips	No School	No School	
10		12	13	14	
Crispy General Tso's Chicken over White Rice FEATURED VEGGIES French Fries Baby Carrots		Chicken Patty Sandwich FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	Belgian Waffles with Maple Syrup FEATURED VEGGIES Mashed Potatoes Romaine Salad	Pizza (V) Pickles on the Side FEATURED VEGGIES Side Salad Green Beans	
17	18	19	20	21	
Caesar Salad (V) FEATURED VEGGIES Oven Fries Red Pepper Strips	Tacos FEATURED VEGGIES Roasted Zucchini Caesar Salad	Pasta with Marinara Sauce FEATURED VEGGIES Baked Beans Green Pepper Strips	Tuna Hoagie FEATURED VEGGIES Tator Tots Steamed Corn	Pizza (V) FEATURED VEGGIES Side Salad Celery Sticks	
24	25	26		28	
Fresh Garden Salad (V) FEATURED VEGGIES Steamed Broccoli Carrot Sticks	Thanksgiving Lunch Turkey with Gravy and a Dinner Roll Mashed Potatoes Green Beans	Chef's Choice		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.

