



Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Ziti Fresh Cucumber Slices Fresh or Cupped Fruit	2 Chicken Patty on a Bun Baked Beans Fresh or Cupped Fruit	3 Pizza Dippers with Marinara Sauce Roasted Zucchini Fresh or Cupped Fruit
6 Chicken Nuggets with Buttered Noodles Red Pepper Strips Fresh or Cupped Fruit	7 Chicken Tacos Green Beans Fresh or Cupped Fruit	8 Corn Dog Mashed Potatoes Fresh or Cupped Fruit	9 Toasted Cheese Sandwich (V) Corn Salad Fresh or Cupped Fruit	10 Cheese Pizza (V) Bean Salad Fresh or Cupped Fruit
	14 No School	15 Southwest Chicken & Rice Bowl Steamed Broccoli Fresh or Cupped Fruit	16 Hot Turkey Ham & Cheese on a Pretzel Roll Baked Beans Fresh or Cupped Fruit	17 Pizza (V) Garden Side Salad Fresh or Cupped Fruit
20 Mozzarella Sticks with Marinara Sauce Green Pepper Strips Fresh or Cupped Fruit	21 Beef Soft Tacos Lettuce & Tomato Fresh or Cupped Fruit	22 Pasta & Meatballs Glazed Carrots Fresh or Cupped Fruit	23 Chicken Tenders with Goldfish Curly Fries Fresh or Cupped Fruit	24 Pizza (V) Diced Tomatoes Fresh or Cupped Fruit
27 Classic Sloppy Joe on a Bun Oven Fries Fresh or Cupped Fruit	28 Cheese Quesadilla Mexicali Corn Fresh or Cupped Fruit	29 Chicken Alfredo over Pasta with Breadsticks Steamed Broccoli Fresh or Cupped Fruit	30 Cheeseburger on a Bun Celery Sticks with Ranch Fresh or Cupped Fruit	31 Max Sticks with Marinara Sauce Cucumber Slices Fresh or Cupped Fruit

What is a Meal?

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1 - Entrée

1 - Fruit

1 - Vegetable

1- 1% White Milk

Offered Daily

Bagel Meal- Bagel, Yogurt, Cheese
Stick, Goldfish

Sun Butter & Jelly Sandwich

Cheese Stick, & Goldfish

October 1st- National Vegetarian
Day

October 13th-17th - National School
Lunch Week

October 16th- World Food Day

October 20th – National Mozzarella
Stick Day

V) Vegetarian

These items do not contain meat,
poultry, or seafood, but may
contain dairy and/or egg

Café Contact:

Cristine McAllister, Food Service Director
609-383-6900 ext. 4039
ma1594@metzcorp.com

Meal Prices

Student Lunch
Faculty Lunch

Free
\$5.00



NUTRI-SERVE
FOOD MANAGEMENT, INC. by Metz