

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Offerings: Strawberry Spinach Salad with Dinner Roll or Walking Taco Craveable				
		1 Chicken Patty on a Roll FEATURED VEGGIES Steamed Mixed Veggies Baby Carrots	2 NO SCHOOL!	3 NO SCHOOL!
Daily Offerings: Entrée Garden Salad with Dinner Roll or Ham & Cheese Pretzel Sandwich				
6 NO SCHOOL!	7 Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Salsa	8 Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	9 Cheesesteak Stromboli FEATURED VEGGIES Roasted Zucchini Fresh Cucumbers	10 Breakfast for Lunch French Toast Sticks Turkey Sausage FEATURED VEGGIES Tri Tater Hash Browns Fresh Pepper Strips
Daily Offerings: Taco Salad or Italian Hoagie				
13 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Cheesy Carrot Casserole Broccoli Salad	14 Beef Soft Tacos with Salsa FEATURED VEGGIES Steamed Golden Corn Celery Sticks	15 Chicken Alfredo over Penne Pasta with Garlic Toast FEATURED VEGGIES Chickpea Salad Steamed Broccoli	16 Buffalo Chicken Flatbread FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	17 Cheese Ravioli FEATURED VEGGIES Steamed Green Beans Apple Cider Slaw
Daily Offerings: Chicken Ceasar Salad with Dinner Roll or Turkey & Cheese Pretzel Sandwich				
20 Spicy Chicken Patty Sandwich FEATURED VEGGIES Mixed Vegetables Garden Side Salad	21 Homemade Macaroni & Cheese FEATURED VEGGIES Steamed Broccoli Chickpea Salad	22 Smokey Chili Con Carne FEATURED VEGGIES Steamed Peas Mandarin Side Salad	23 Bacon Cheeseburger with J. Clarke's Grill Sauce FEATURED VEGGIES Crinkle Cut Oven Fries Coleslaw	24 Italian Dunkers with Marinara FEATURED VEGGIES Steamed Green Beans Caesar Side Salad
Daily Offerings: Chef Salad with Dinner Roll or Turkey & Spinach Roll Up Craveable				
27 Crispy General Tso's Chicken over White Rice FEATURED VEGGIES Steamed Broccoli Cucumber Salad	28 Nachos Grande FEATURED VEGGIES Steamed Corn Black Bean Salsa	29 Sweet and Sour Meatballs over Noodles FEATURED VEGGIES BBQ Roasted Cauliflower Bites Side Caesar Salad	30 Classic Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Celery Sticks	
Your Team Tanya Hughes, General Manager 570.874.0468 ext. 2124 ma1152@metzcorp.com		Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$3.50		

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 strawberry

Daily Alternates

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps

Monday – Corn Dog

Tuesday – Chicken Nuggets

Wednesday – BBQ Rib Sandwich

Thursday – Cheeseburger

Friday – Chicken Patty



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

