



Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Pizza (WG) Steamed Carrots Celery Sticks Choice of Fruit	2 Cheeseburger on a Whole Grain Roll Steamed Broccoli Side Salad Choice of Fruit	3 BBQ Rib Sandwich on a Whole Grain Roll Steamed Corn Grape Tomatoes Choice of Fruit	4 <b>NO DINNER</b>	<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for a reimbursable dinner.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable dinner.</p> <p><b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate, strawberry</p>
7 Popcorn Chicken Tater Tots Baby Carrots Choice of Fruit	8 Hot Ham and Cheese on a Pretzel Roll Steamed Mixed Vegetables Fresh Broccoli Choice of Fruit	9 Hamburger on a Whole Grain Roll Steamed Peas Fresh Pepper Strips Choice of Fruit	10 Chicken Patty on a Whole Grain Roll Steamed Green Beans Grape Tomatoes Choice of Fruit	11 <b>NO DINNER</b>	
14 Chicken Nuggets Tater Tots Baby Carrots Choice of Fruit	15 Pizza Steamed Carrots Celery Sticks Choice of Fruit	16 Cheeseburger on a Whole Grain Roll Steamed Broccoli Side Salad Choice of Fruit	17 BBQ Rib Sandwich on a Whole Grain Roll Steamed Corn Grape Tomatoes Choice of Fruit	18 <b>NO SCHOOL</b> 	
21 <b>NO SCHOOL</b> 	22 Hot Ham and Cheese on a Pretzel Roll Steamed Mixed Vegetables Fresh Broccoli Choice of Fruit	23 Hamburger on a Whole Grain Roll Steamed Peas Fresh Pepper Strips Choice of Fruit	24 Chicken Patty on a Whole Grain Roll Steamed Corn Grape Tomatoes Choice of Fruit	25 <b>NO DINNER</b>	
28 Chicken Nuggets Tater Tots Baby Carrots Choice of Fruit	29 Pizza Steamed Carrots Celery Sticks Choice of Fruit	30 Cheeseburger on a Whole Grain Roll Steamed Broccoli Side Salad Choice of Fruit			
<p><b>Tanya Hughes, General Manager</b> 570.874.0446 ext. 2124 <a href="mailto:ma1152@metzcorp.com">ma1152@metzcorp.com</a></p>			<p><b>Meal Prices</b> Student Dinner \$0.00 Reduced Dinner \$0.00</p>		