



Monday	Tuesday	Wednesday	Thursday	Friday	
3 Chicken Nuggets Tater Tots Baby Carrots Choice of Fruit	4 Pizza Steamed Carrots Celery Sticks Choice of Fruit	5 Cheeseburger on a Whole Grain Roll Steamed Broccoli Side Salad Choice of Fruit	6 BBQ Rib Sandwich on a Whole Grain Roll Steamed Corn Grape Tomatoes Choice of Fruit	7 No Dinner	<p>What is a Meal? Students must choose at least 3 of the 5 components available for a reimbursable dinner.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable dinner.</p> <p>Choice of Milk 1% white, fat-free white, fat-free chocolate</p>
10 Popcorn Chicken Tater Tots Baby Carrots Choice of Fruit	11 Hot Ham and Cheese on a Pretzel Roll Steamed Mixed Vegetables Fresh Broccoli Choice of Fruit	12 Hamburger on a Whole Grain Steamed Peas Fresh Pepper Strips Choice of Fruit	13 Chicken Patty on a Whole Grain Roll Steamed Green Beans Grape Tomatoes Choice of Fruit	14 No Dinner	
17 Chicken Nuggets Tater Tots Baby Carrots Choice of Fruit	18 Pizza Steamed Carrots Celery Sticks Choice of Fruit	19 Cheeseburger on a Whole Grain Roll Steamed Broccoli Side Salad Choice of Fruit	20 BBQ Rib Sandwich on a Whole Grain Roll Steamed Corn Grape Tomatoes Choice of Fruit	21 No Dinner	
24 Popcorn Chicken Tater Tots Baby Carrots Choice of Fruit	25 Hot Ham and Cheese on a Pretzel Roll Steamed Mixed Vegetables Fresh Broccoli Choice of Fruit	26 Hamburger on a Whole Grain Roll Steamed Peas Fresh Pepper Strips Choice of Fruit	27 Chicken Patty on a Whole Grain Roll Steamed Green Beans Grape Tomatoes	28 No dinner	
31 Chicken Nuggets Tater Tots Baby Carrots Choice of Fruit					
<p>Tanya Hughes, General Manager 570.874.0446 ext. 2124 ma1152@metzcorp.com</p>			<p>Meal Prices Student Dinner \$0.00 Reduced Dinner \$0.00</p>		

