



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p>  <p>Buffalo Chicken Dip</p> <p><b>FEATURED VEGGIES</b> Diced Tomatoes Roasted Zucchini</p>
<p>4</p> <p>Cheeseburger Flatbread</p> <p><b>FEATURED VEGGIES</b> Oven Fries Red Pepper Strips</p>	<p>5</p> <p>Chicken Tacos Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Mexican Corn Caesar Salad</p>	<p>6</p> <p>Hot Dog on a Roll</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Green Pepper Strips</p>	<p>7</p> <p>Toasted Cheese Sandwich Yogurt Craveable</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Corn Salad</p>	<p>8</p> <p>Pizza Quesadilla</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Chickpea Salad</p>
<p>11</p> <p>Pulled Pork Sandwich</p> <p><b>FEATURED VEGGIES</b> Baked Beans Steamed Corn</p>	<p>12</p> <p>Chicken &amp; Cheese Quesadilla Walking Taco Craveable</p> <p><b>FEATURED VEGGIES</b> Street Corn Salad Salsa</p>	<p>13</p> <p>Asian Sesame Chicken over Rice</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks</p>	<p>14</p> <p>Hot Ham &amp; Cheese on a Pretzel Roll Walking Taco Craveable</p> <p><b>FEATURED VEGGIES</b> Smile Fries Caesar Side Salad</p>	<p>15</p> <p>Garlic French Bread Pizza</p> <p><b>FEATURED VEGGIES</b> Oven Roasted Zucchini Carrot &amp; Raisin Salad</p>
<p>18</p> <p>Chicken Nuggets with Roll</p> <p><b>FEATURED VEGGIES</b> Tater Tots Side Salad</p>	<p>19</p> <p>Beef Soft Tacos Super Fruit Craveable</p> <p><b>FEATURED VEGGIES</b> Refried Beans Lettuce &amp; Tomato</p>	<p>20</p> <p>French Toast Sticks with Sausage Links</p> <p><b>FEATURED VEGGIES</b> Tri Patty Taters Baby Carrots</p>	<p>21</p> <p>Salisbury Steak Super Fruit Craveable</p> <p><b>FEATURED VEGGIES</b> Buttered Noodles Green Beans</p>	<p>22</p> <p>Pepperoni Pizza</p> <p><b>FEATURED VEGGIES</b> Oven Browned Sweet Potato Corn Salad</p>
<p>25</p> <p><b>NO SCHOOL!</b></p>	<p>26</p> <p>Walking Taco with Pretzel Stick Pizza Craveable</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn Tomato &amp; Onion Salad</p>	<p>27</p> <p>Cheesesteak on a Roll</p> <p><b>FEATURED VEGGIES</b> Tater Tots Ranchero Carrots</p>	<p>28</p> <p>Chicken Alfredo with Garlic Breadstick Pizza Craveable</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks with Ranch</p>	<p>29</p> <p><b>Carnival Day!</b> Hot Dog on a Roll Chips Baby Carrots Apple Slices</p> 

**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** – Chicken Patty on a Roll  
**Tuesday** – Corn Dog  
**Wednesday** – Maxx Sticks  
**Thursday** – Cheeseburger on a Roll  
**Friday** – Chicken Nuggets

**Friday May 1<sup>st</sup> is School Lunch Hero Day! Make sure to thank our amazing cafeteria staff for all that they do for our students and staff! You are appreciated!**

**Your Team**  
Tanya Hughes, General Manager  
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**Meal Prices**  
Student Lunch \$0.00  
Reduced Lunch \$0.00  
Faculty Lunch \$3.50

