



**Meet Your Nutritious Friend:
"Papa" Corn**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Nachos Grande with Tortilla Chips FEATURED VEGGIES Latin Inspired Beans Tomato & Onion Salsa	2 French Toast Sticks with Sausage Patties FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	3 Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn Romaine Salad	4 Italian Dunkers with Sauce (V) FEATURED VEGGIES Diced Tomatoes Roasted Zucchini	<p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</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 lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps Monday: Chicken Patty Tuesday: Corn Dog Wednesday: Max Sticks Thursday: Cheeseburger Friday: Chicken Nuggets</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
7 Italian Meatballs & Cheese on a Roll FEATURED VEGGIES Oven Fries Red Pepper Strips	8 Mac & Cheese FEATURED VEGGIES Green Beans Caesar Salad	9 Hot Dog on a Roll FEATURED VEGGIES Mashed Potatoes Green Pepper Strips	10 Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Corn Salad	11 BBQ Ribby on a Bun FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad	
14 No School	15 Walking Taco with Dinner Roll FEATURED VEGGIES Street Corn Salad Salsa	16 Chicken & Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Broccoli Carrot Sticks	17 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Baked Beans Mandarin Spring Salad	18 Cheese Pizza Sticks with Dipping Sauce (V) FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad	
21 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Tater Tots	22 Beef Soft Tacos FEATURED VEGGIES Refried Beans Lettuce & Tomato	23 Cowboy Burger on a Bun FEATURED VEGGIES Glazed Carrots Broccoli Salad	24 Chicken Tenders with Soft Pretzel FEATURED VEGGIES Curly Fries Apple Cider Slaw	25 Pepperoni Pizza FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad	
28 Classic Sloppy Joe on Hawaiian Roll FEATURED VEGGIES Oven Fries Chickpea Salad	29 Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	30 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots Ranchero Carrots	31 Meatballs and Marinara over Penne Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch		

Tanya Hughes, General Manager
570-874-0466 ext. 21 21
ma1152@metzcorp.com

Meal Prices

Student Lunch	\$0.00
Reduced Lunch	\$0.00
Faculty Lunch	\$3.50



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