

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>BRAVO!</b> <b>Pasta Bar!</b> Choice of pasta (Options could include penne, spaghetti or linguine) Choice of alfredo or marinara sauce. Toppings could include chicken or meatballs.					<b>What is a Meal?</b> You 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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and fat free strawberry  <b>Daily Alternates</b> *Fresh Entree Salad of the Week *Weekly Cold Cut Sandwiches or Wraps *Fresh Pizza Daily - Cheese, Pepperoni and Buffalo Chicken  <b>Monday – Corn Dogs</b> <b>Tuesday – Chicken Nuggets</b> <b>Wednesday – BBQ Rib Sandwich on a Roll (WG)</b> <b>Thursday – Cheeseburger on a Roll (WG)</b> <b>Friday – Chicken Patty on a Roll (WG)</b>
	1 Popcorn Chicken Bowl (WG)  <b>FEATURED VEGGIES</b> Steamed Corn Fresh Celery Sticks	2 Loaded Pierogies (WG)  <b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad	3 Soft Shell Tacos (WG)  <b>FEATURED VEGGIES</b> Mexican Street Corn Salad Fresh Pepper Strips	4 Cheese Ravioli with a Garlic Bread Stick (WG)  <b>FEATURED VEGGIES</b> Side Caesar Salad Fresh Cucumber Slices	
<b>BRAVO!</b> <b>Loaded Potato Bar!</b> Choice of french fries with assorted toppings.					
7 Chicken Alfredo over Penne Pasta (WG)  <b>FEATURED VEGGIES</b> Steamed Green Beans Side Garden Salad	8 Pepper Steak over Brown Rice (WG)  <b>FEATURED VEGGIES</b> Sweet Chili Roasted Brussel Sprouts Fresh Baby Carrots	9 Cowboy Burger (WG)  <b>FEATURED VEGGIES</b> Curly Fries Fresh Broccoli Florets	10 Chicken Fajitas (WG)  <b>FEATURED VEGGIES</b> Mexican Street Corn Fresh Grape Tomatoes	11 Max Sticks with Sauce (WG)  <b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Fresh Celery Sticks	
<b>BRAVO!</b> <b>Dip and Dust Wings!</b> Boneless wings with a variety of sauces and dry rubs.					
14 Cheeseburger Tater Tot Bowl  <b>FEATURED VEGGIES</b> Steamed Peas Fresh Cauliflower Florets	15 Orange Chicken served over Brown Rice (WG)  <b>FEATURED VEGGIES</b> Garlic Teriyaki Green Beans Strawberry Spinach Side Salad	16 Philly Cheesesteak (WG)  <b>FEATURED VEGGIES</b> Baked Beans Fresh Cucumber Slices	17 Chicken Patty on a Roll (WG)  <b>FEATURED VEGGIES</b> French Fries Fresh Baby Carrots	18 <b>NO SCHOOL</b> 	
<b>BRAVO!</b> <b>Ball Park Grill!</b> Your choice of hamburger or hot dog on a whole grain roll with your choice of toppings. Served with a side of french fries.					
21 <b>NO SCHOOL</b> 	22 Loaded Nachos (WG) Choice of Chicken or Beef  <b>FEATURED VEGGIES</b> Corn and Black Bean Salad Fresh Pepper Strips	23 Salisbury Steak with Gravy  <b>FEATURED VEGGIES</b> Mashed Potatoes Fresh Pineapple Slaw	24 Sweet and Sour Chicken served with Brown Rice (WG)  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Celery Sticks	25 Pierogies (WG)  <b>FEATURED VEGGIES</b> Steamed Green Beans Side Caesar Salad	
<b>BRAVO!</b> <b>Poblano's Bar!</b> Choice of hard- or soft-shell taco. Beef or chicken. Served with choice of side and assorted toppings.					
28 Pulled Pork Sandwich (WG)  <b>FEATURED VEGGIES</b> Straight Cut French Fries Cole Slaw	29 Chicken Parm served with Spaghetti and a Garlic Bread Stick (WG)  <b>FEATURED VEGGIES</b> Steamed Green Beans Side Garden Salad	30 French Toast Sticks with Breakfast Sausage  <b>FEATURED VEGGIES</b> Ranch Roasted Cauliflower Bites Chickpea Salad			
<b>Tanya Hughes, General Manager</b> 570.874.0468 ext. 2124 <a href="mailto:ma1152@metzcorp.com">ma1152@metzcorp.com</a>		<b>Meal Prices</b> 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.

