


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
BRAVO! Dip & Dust Wings! Boneless wings with assorted sauces or dry rubs. Served with French Fries.					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.
3 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Side Garden Salad Fresh Cucumber Slices	4 Orange Chicken served over Fried Rice FEATURED VEGGIES Garlic Teriyaki Green Beans Strawberry Spinach Salad	5 Cheese Ravioli FEATURED VEGGIES Steamed Broccoli Celery Sticks	6 Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Honey Glazed Carrots Tomato & Mozzarella Salad	7 Italian Dunkers FEATURED VEGGIES Corn on the Cob Fresh Pepper Strips	
BRAVO! Build a Burger Bar! Hamburger with assorted toppings. (Bacon, Cheese, Onions). Served with French Fries.					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, chocolate, vanilla, and strawberry
10 Penne Pasta with Meatballs FEATURED VEGGIES Steamed Mixed Veggies Baby Carrots	11 Nachos Grande Chicken or Beef FEATURED VEGGIES Mexican Street Corn Salad Fresh Broccoli Florets	12 Salisbury Steak with Mashed Potatoes and Gravy FEATURED VEGGIES Side Garden Salad Fresh Grape Tomatoes	13 Sweet and Sour Chicken served over Brown Rice FEATURED VEGGIES Steamed Broccoli Celery Sticks	14 Pierogies served with a Whole Grain Dinner Roll FEATURED VEGGIES Steamed Green Beans Fresh Cucumber Slices	
BRAVO! Fajita Bar! Choice of chicken or beef. With soft shell or hard-shell tortillas. Salsa, Guacamole, Sour Cream and assorted toppings.					Daily Alternates Weekly Cold Cut Sandwiches or Wraps Monday - Corn Dogs Tuesday – Chicken Nuggets Wednesday – BBQ Rib Sandwich Thursday – Cheeseburger Friday – Chicken Patty
17 Happy St. Patrick's Day! Fish and Chips FEATURED VEGGIES Creamy Cole Slaw Fresh Cauliflower Florets	18 Chicken Parm served with Spaghetti FEATURED VEGGIES Steamed Green Beans Celery Sticks	19 Texas Chili served with Corn Bread FEATURED VEGGIES Ranch Roasted Cauliflower Bites Chickpea Salad	20 Cheese Steak FEATURED VEGGIES Curly Fries Tomato & Mozzarella Salad	21 Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup Baby Carrots	
BRAVO! Loaded Potatoes! Choice of Potato (French Fries, Tater Tots, etc.) Possible toppings may include Beef Taco, Buffalo Chicken, Cheddar Cheese.					Monday - Corn Dogs Tuesday – Chicken Nuggets Wednesday – BBQ Rib Sandwich Thursday – Cheeseburger Friday – Chicken Patty
24 Popcorn Chicken Bowl served with Mashed Potatoes FEATURED VEGGIES Steamed Corn Baby Carrots	25 Bacon Cheeseburger FEATURED VEGGIES French Fries Celery Sticks	26 French Toast Sticks Breakfast Sausage FEATURED VEGGIES Hashbrown Patty Fresh Cucumber Slices	27 Baseball Opening Day! Ball Park Bravo Bar! Apple Pork BBQ on a Bun FEATURED VEGGIES Baked Beans Creamy Cole Slaw	28 Mac and Cheese FEATURED VEGGIES Steamed Peas Side Caesar Salad	
BRAVO! Pasta Bar! Choice of Pasta with assorted sauces (Marinara, Alfredo) and assorted toppings (Chicken, Meatballs, Broccoli).					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
31 General Tso's Chicken served over Brown Rice FEATURED VEGGIES Steamed Broccoli Sesame Cucumber Salad					
Tanya Hughes, General Manager 570.874.0466 ext. 2124 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.

