


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<p>What is a Meal?</p> <p>You 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>Walking Taco Topping Bar 1</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>BBQ Rib Patty Sandwich 2</p> <p>Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Steak & Cheese Hoagie Onions & Peppers 3</p> <p>Featured Veggies Buttered Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Italian Dunkers Marinara Dipping Sauce 4</p> <p>Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>							
<p>Meatball Hoagie 7</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Nacho Grande Beef or Chicken Tortilla Chips 8</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>½ DAY Breakfast Only 9</p>	<p>Chicken Alfredo Garlic Breadstick 10</p> <p>Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Loaded Tater Tots 11</p> <p>Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</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>Hot Ham & Cheese on Pretzel Bun 14</p> <p>Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Taco Rice Bowl Beef or Chicken Topping Bar 15</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Macaroni & Cheese Dinner Roll 16</p> <p>Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Sesame Chicken Steamed Rice 17</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Chicken & Cheese Enchiladas 18</p> <p>Featured Veggies Cheesy Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>						
<p>Italian Dunkers Marinara Dipping Sauce 21</p> <p>Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Walking Taco Topping Bar 22</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Baked Potato Bar 23</p> <p>Featured Veggies Baked Potato Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>General Tso Chicken Steamed Rice 24</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>½ DAY Breakfast Only 25</p>							
<p>Loaded Pierogis Melted Butter Dinner Roll 28</p> <p>Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Nacho Grande Beef or Chicken Tortilla Chips 29</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Breakfast For Lunch 30 Sausage Egg & Cheese on English Muffin</p> <p>Featured Veggies Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>Pasta Bar Meatball Marinara Garlic Bread 31</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</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>						
<p>Your Team Tracy Drank, General Manager 570-674-7208 ext. 1039 ma1042@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.80</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table>		Student Lunch	\$2.80	Reduced Lunch	\$0.00	Faculty Lunch	\$4.00	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

