



Meet Your Nutritious Friend:
You "Tuber"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>Grilled Cheese Sandwich with Tomato Soup</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>3</p> <p>Nachos Grande with Fixings</p> <p>FEATURED VEGGIES Rice & Beans</p>	<p>4</p> <p>Chicken Nuggets with a Biscuit</p> <p>FEATURED VEGGIES Glazed Carrots</p>	<p>5</p> <p>Smothered Pierogies with Cheddar & Bacon</p> <p>FEATURED VEGGIES Peas & Carrots</p>	<p>6</p> <p>Sal & Pat's Pizza</p> <p>FEATURED VEGGIES Seasoned Green Beans</p>	<p>What is a Meal?</p> <p>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>Vegetable Hot vegetable</p> <p>Choice of Fruit Canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white or fat-free chocolate</p> <p>Daily Alternates</p> <p>Chicken Nuggets Sunbutter & Jelly Sandwich</p>
<p>9</p> <p>Pizza Quesadilla</p> <p>FEATURED VEGGIES Sweet Peas</p>	<p>10</p> <p>Cheesesteak on a Roll</p> <p>FEATURED VEGGIES Sweet Potato Fries</p>	<p>11</p> <p>Chicken Patty Sandwich on a Bun</p> <p>FEATURED VEGGIES Seasoned Green Beans</p>	<p>12</p> <p>French Toast Sticks with a Turkey Sausage</p> <p>FEATURED VEGGIES Oven Potatoes</p>	<p>13</p> <p>Sal & Pat's Pizza</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	
<p>16</p> <p>Pizza Crunchers with Cheese & Sauce</p> <p>FEATURED VEGGIES Seasoned Green Beans</p>	<p>17</p> <p>Cheeseburger on a Bun</p> <p>FEATURED VEGGIES BBQ Baked Beans</p>	<p>18</p> <p>Popcorn Chicken with a Corn Muffin</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>19</p> <p>Chocolate Chip Pancakes with a Turkey Sausage</p> <p>FEATURED VEGGIES Tator Tots</p>	<p>20</p> <p>Sal & Pat's Pizza</p> <p>FEATURED VEGGIES Steamed Spinach</p>	
<p>23</p> <p>Ham & Cheese Sandwich Adult Program Only</p>	<p>24</p> <p><i>Winter Break</i></p>	<p>25</p> <p><i>Winter Break</i></p>	<p>26</p> <p>Waffles with Sausage Adult Program Only</p>	<p>27</p> <p>Sal & Pat's Pizza Adult Program Only</p>	
<p>30</p> <p>Chicken Nuggets Adult Program Only</p>	<p>31</p> <p>Turkey & Cheese Sandwich Adult Program Only</p>				
					<p>NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz</p>

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