



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Toasted Cheese Sandwich Bagel Meal (V) FEATURED VEGGIES Peas Carrot	2 Cheese Pizza (V) Bagel Meal (V) FEATURED VEGGIES Hot Carrots Celery	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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. 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 Daily Alternates Bagel Meal (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
5 Beef Soft Tacos Bagel Meal (V) FEATURED VEGGIES Corn Broccoli	6 Chicken & Waffles Bagel Meal (V) FEATURED VEGGIES Green Beans Cucumber	7 Turkey & Cheese Hoagie Bagel Meal (V) FEATURED VEGGIES Sweet Potato Fries Carrot	8 Mozzarella Sticks Bagel Meal (V) FEATURED VEGGIES Hot Carrots Celery	9 Cheese Pizza (V) Bagel Meal (V) FEATURED VEGGIES Peas Chickpea Salad	
12 Ham & Cheese Wrap Bagel Meal (V) FEATURED VEGGIES Broccoli Cucumber	13 Nachos Grande with Tortilla Chips Bagel Meal (V) FEATURED VEGGIES Corn Broccoli	14 Corn Dog Bagel Meal (V) FEATURED VEGGIES Green Beans Carrot Sticks	15 French Toast with Turkey Sausage Bagel Meal (V) FEATURED VEGGIES Diced Potato Celery	16 Cheese Pizza (V) Bagel Meal (V) FEATURED VEGGIES Hot Carrots Cucumber	
19 Chicken Nuggets with Roll Bagel Meal (V) FEATURED VEGGIES Peas Celery	20 Beef Soft Tacos Bagel Meal (V) FEATURED VEGGIES Corn Lettuce & Tomato	21 Cheeseburger on a Bun Bagel Meal (V) FEATURED VEGGIES Baked Beans Broccoli Salad	22 Pizza Crunchers Bagel Meal (V) FEATURED VEGGIES Green Beans Carrot	23 Cheese Pizza (V) Bagel Meal (V) FEATURED VEGGIES Hot Carrots Cucumber	
26 School Closed Memorial Day	27 Nachos Grande with Tortilla Chips Bagel Meal (V) FEATURED VEGGIES Corn Lettuce & Tomato	28 Hot Dog on a Roll Bagel Meal (V) FEATURED VEGGIES Steamed Broccoli Tomato & Cucumber	29 Pancakes with Turkey Sausage Bagel Meal (V) FEATURED VEGGIES Hash Browns Celery Sticks	30 Cheese Pizza (V) Bagel Meal (V) FEATURED VEGGIES Peas Carrots	
Your Team Lisa O'Brien, Food Service Director 856-769-0855 ext. 2151 ma1545@metzcorp.com			Meal Prices Student Breakfast \$3.70 Reduced Breakfast \$0.00 Faculty Breakfast \$4.50		

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