



Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Early Dismissal Bagged Lunches to Go	Spring Break 	
	7 Beef Soft Tacos FEATURED VEGGIES Refried Beans Lettuce & Tomato	8 Cheeseburger on a Bun FEATURED VEGGIES Steamed Carrots Broccoli Salad	9 Corn Dog FEATURED VEGGIES Baked Beans Fresh Cucumber	10 Cheese Pizza FEATURED VEGGIES Oven Fries Cherry Tomatoes
GRAPABLES Walking Taco: Nacho cheese Doritos, seasoned ground beef, cheddar cheese, goldfish crackers & fruit				
13 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Mashed Potatoes Chickpea Salad	14 Chicken Nuggets with Roll FEATURED VEGGIES Steamed Corn Green Pepper Strips	15 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots Baby Carrots	16 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Celery Sticks with Ranch	17 Cheese Pizza FEATURED VEGGIES Steamed Green Beans Cucumber Slices
GRAPABLES Super Fruit: Apple slices, grapes, cheese sticks and goldfish crackers				
20 Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli Cucumber Slices	21 Nachos Grande FEATURED VEGGIES Golden Corn Salsa	22 French Toast Sticks with Sausage Patties FEATURED VEGGIES Tri Patty Taters Carrot Sticks	23 Macaroni & Cheese FEATURED VEGGIES Stewed Tomatoes Broccoli Florets	24 Cheese Pizza FEATURED VEGGIES Steamed Green Peas Baby Carrots
GRAPABLES Italian Craveable: Pepperoni, Mozzarella String Cheese, Baby Carrots, Grapes & Goldfish				
27 Popcorn Chicken with Buttered Noodles FEATURED VEGGIES Steamed Corn Baby Carrots	28 Hot Dog on a bun FEATURED VEGGIES Baked Beans Tomato Salad	29 Egg & Cheese Croissant FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	30 Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn Cherry Tomatoes	
GRAPABLES Bagel Craveable: Bagel w/Cream Cheese, Dannon Strawberry Banana Yogurt & Cheese Stick				



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 1/2 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
- Fat-free chocolate

Daily Alternates

- Yogurt Craveable
- Peanut Butter & Jelly

Your Team

Emily Biechy, General Manager
570.655.2836 ext. 2351
emily.biechy@metzcorp.com

Meal Prices

Student Lunch \$0.00
Faculty Lunch \$5.00

