

Monday	Tuesday	Wednesday	Thursday	Friday	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. 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 Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches & Wraps Homemade Cheese Pizza Cheeseburger Chicken Patty Sandwich Spicy Chicken Patty Sandwich
		1 Early Dismissal Bagged Lunches to Go			
 Asian Salad or Chicken Salad Sandwich					
	7 Corn Dog Pepperoni Pizza FEATURED VEGGIES BBQ Baked Beans Baby Carrots	8 Wild Wing Wednesday! Chicken Bacon Ranch Pizza FEATURED VEGGIES Sweet Potato Fries Cucumber Salad	9 Breakfast for Lunch: Pancakes & Sausage Pepperoni Pizza FEATURED VEGGIES Breakfast Potatoes Fresh Cucumbers	10 Cheesy Pizza Crunchers with Marinara Buffalo Chicken Pizza FEATURED VEGGIES Steamed Broccoli Caesar Side Salad	
 Greek Salad or Italian Hoagie Wrap					
13 Chicken Tenders with Buttered Noodles Pepperoni Pizza FEATURED VEGGIES Steamed Carrots Broccoli Salad	14 Beef Soft Tacos with Salsa Meat Lovers Pizza FEATURED VEGGIES Steamed Golden Corn Celery Sticks	15 Philly Cheesesteak Pepperoni Pizza FEATURED VEGGIES Steamed Mixed Veggies Side Caesar Salad	16 Buffalo Chicken Flatbread Hawaiian Pizza FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	17 Pepperoni Griller Sandwich Italian Sausage Pizza FEATURED VEGGIES Roasted Asparagus Broccoli Florets	
 Crispy Chicken Salad or Turkey Spinach Roll Up					
20 Hawaiian Pork Sandwich Pepperoni Pizza FEATURED VEGGIES Mixed Vegetables Pineapple Slaw	21 Macaroni & Cheese Chicken Bacon Ranch Pizza FEATURED VEGGIES Steamed Broccoli Chickpea Salad	22 Nashville Hot Chicken Sandwich Pepperoni Pizza FEATURED VEGGIES Seasoned Potato Wedges Mandarin Side Salad	23 Roast Turkey & Stuffing Philly Steak Pizza FEATURED VEGGIES Mashed Potatoes Coleslaw	24 Italian Dunkers with Marinara Pepperoni Pizza FEATURED VEGGIES Steamed Green Beans Caesar Side Salad	
 Grilled Chicken Caesar Salad or Yogurt & Bagel Craveable					
27 Crispy Orange Chicken over Brown Rice Pepperoni Pizza FEATURED VEGGIES Steamed Broccoli Cucumber Salad	28 Chicken Nachos Grande Mac & Cheese Pizza FEATURED VEGGIES Refried Beans Black Bean Salsa	29 Create Your Own Salad Pepperoni Pizza FEATURED VEGGIES Roasted Mixed Veggies Fresh Green Beans	30 Classic Toasted Cheese Sandwich Buffalo Chicken Pizza FEATURED VEGGIES Tomato Soup Celery Sticks		
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			



Free LUNCH
 BAGGED LUNCHES WILL BE AVAILABLE FOR GRAB & GO ON EARLY DISMISSAL DAYS

MEALS ARE SERVED COLD & ARE NOT TO BE EATEN ON THE BUS.



Bagged lunches are a full reimbursable meal.



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

