



Meet Your Nutritious Friend:  
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Italian Hoagie <b>FEATURED VEGGIES</b> Veggie Patch	2 Uncrustable Kit <b>FEATURED VEGGIES</b> Veggie Patch	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Milk</b> 1% white</p> 
5 Bagel Kit <b>FEATURED VEGGIES</b> Veggie Patch	6 Ham & Cheese Hoagie <b>FEATURED VEGGIES</b> Veggie Patch	7 Uncrustable Kit <b>FEATURED VEGGIES</b> Veggie Patch	8 BBQ Chicken, Bacon & Ranch Wrap <b>FEATURED VEGGIES</b> Veggie Patch	9 Turkey & Cheese Hoagie <b>FEATURED VEGGIES</b> Veggie Patch	
12 Uncrustable Kit <b>FEATURED VEGGIES</b> Veggie Patch	13 Buffalo Chicken Salad <b>FEATURED VEGGIES</b> Veggie Patch	14 Turkey & Cheese Wrap <b>FEATURED VEGGIES</b> Veggie Patch	15 Bagel Kit <b>FEATURED VEGGIES</b> Veggie Patch	16 Bologna & Cheese <b>FEATURED VEGGIES</b> Veggie Patch	
19 Bagel Kit <b>FEATURED VEGGIES</b> Veggie Patch	20 BBQ Chicken, Bacon & Ranch Wrap <b>FEATURED VEGGIES</b> Veggie Patch	21 Bologna and Cheese <b>FEATURED VEGGIES</b> Veggie Patch	22 Uncrustable Kit <b>FEATURED VEGGIES</b> Veggie Patch	23 Crispy Chicken Salad <b>FEATURED VEGGIES</b> Veggie Patch	
26 	27 Bagel Kit <b>FEATURED VEGGIES</b> Veggie Patch	28 Italian Hoagie <b>FEATURED VEGGIES</b> Veggie Patch	29 Uncrustable Kit <b>FEATURED VEGGIES</b> Veggie Patch	30 Chicken Caesar Salad <b>FEATURED VEGGIES</b> Veggie Patch	

**Your Team**  
Katie Mowry, Food Service Director  
856.456.7000 ext. 4044  
[GLC@metzcorp.com](mailto:GLC@metzcorp.com)

**Meal Prices**  
Student Lunch  
Reduced Lunch  
FREE  
FREE

