



Meet Your Nutritious Friend:  
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Hot Dog on a Bun Italian Hoagie  <b>FEATURED VEGGIES</b> BBQ Baked Beans Veggie Patch	2 Pizza by the Slice Turkey & Cheese  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch	<b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. <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> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry
5 Chicken Patty on a Bun Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Green Beans Veggie Patch	6 Twin Beef Tacos Ham & Cheese  <b>FEATURED VEGGIES</b> Steamed Corn Veggie Patch	7 Grilled Cheese on Texas Toast Chicken Patty  <b>FEATURED VEGGIES</b> Poppin' Peas Veggie Patch	8 Chicken Alfredo w. Penne Pasta Italian Hoagie  <b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch	9 Pizza by the Slice Turkey & Cheese  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch	
12 Italian Dunkers w. Marinara Sauce Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Tater Tots Veggie Patch	13 Chicken Nacho Grande Ham & Cheese  <b>FEATURED VEGGIES</b> Mexican Street Corn Veggie Patch	14 General Tso Chicken w. Brown Rice Chicken Patty  <b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch	15 Macaroni & Cheese w. Dinner Roll Italian Hoagie  <b>FEATURED VEGGIES</b> Celery Sticks w. Ranch Veggie Patch	16 Pizza by the Slice Turkey & Cheese  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch	
19 Meatballs w. Pasta Chicken Caesar Salad  <b>FEATURED VEGGIES</b> Side Salad Veggie Patch	20 Walking Beef Tacos Ham & Cheese  <b>FEATURED VEGGIES</b> Cheesy Rice Veggie Patch	21 Chicken Nuggets w. Buttered Noodles Chicken Patty  <b>FEATURED VEGGIES</b> Baby Carrots w. Ranch Veggie Patch	22 French Toast w. Scrambled Eggs Italian Hoagie  <b>FEATURED VEGGIES</b> Tri Hash Browns Veggie Patch	23 Pizza by the Slice Turkey & Cheese  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch	
26 	27 Pancakes w. Sausage Links Ham & Cheese  <b>FEATURED VEGGIES</b> Cinnamon Apples Veggie Patch	28 Philly Cheesesteak on Toasted Roll Chicken Patty  <b>FEATURED VEGGIES</b> Sweet Potato Fries Veggie Patch	29 Pizza Crunchers Italian Hoagie  <b>FEATURED VEGGIES</b> Mixed Veggies Veggie Patch	30 Pizza by the Slice Turkey & Cheese  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch	
<b>Your Team</b> Katie Mowry, Food Service Director 856.456.7000 ext. 4044 <a href="mailto:GLC@metzcorp.com">GLC@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch FREE Reduced Lunch FREE Faculty Lunch \$4.00		   FOOD MANAGEMENT, INC. by Metz