



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
3 Chicken Tenders Or Meat Sandwich FEATURED VEGGIES Au Gratin Potatoes Fresh Carrots	4 Corn Dog Or Meat Sandwich FEATURED VEGGIES Steamed Peas Fresh Salad	5 Taco Or Meat Sandwich FEATURED VEGGIES Hash Brown Steamed Corn	6 Pizza Or Meat Sandwich FEATURED VEGGIES Chips Fresh Veggies	7 No School	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 white, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
10 Popcorn Chicken Or Sloppy Joe on a Roll FEATURED VEGGIES Potato Wedges Fresh Carrot Sticks	11 Italian Steak Sandwich Or Meat Sandwich FEATURED VEGGIES Buttered Noodles Glazed Carrots	12 Thanksgiving Meal With all the Fixings! FEATURED VEGGIES	13 Hot Dog on a Roll Or Meat Sandwich FEATURED VEGGIES French Fries Celery Sticks	14 4x6 Pizza Or Meat Sandwich FEATURED VEGGIES Fresh Salad Fresh Veggies	
17 Chicken Patty Or Meat Sandwich FEATURED VEGGIES Parsley Potatoes Steamed Corn	18 Soup and Sandwich Or Meat Sandwich FEATURED VEGGIES Steamed Peas Fresh Salad	19 Meatball Sub Or Meat Sandwich FEATURED VEGGIES Steamed Green Beans Fresh Pepper Strips	20 French Toast Sticks Or Meat Sandwich FEATURED VEGGIES Hash Brown Fresh Carrot Sticks	21 Pizza Or Meat Sandwich FEATURED VEGGIES Chips Fresh Veggies	
24 Chicken Nuggets Or Meat Sandwich FEATURED VEGGIES French Fries Fresh Carrot Sticks	25 Pizza Or Meat Sandwich FEATURED VEGGIES Crinkle Cut French Fries Caesar Side Salad	26 ½ Day of School No Lunch	27 Thanksgiving No School	28 No School	
Your Team Bernie Kelly, General Manager 570.345.2731, ext. 357 ma11116@metzcorp.com					Meal Prices Student Lunch \$2.55 Reduced Lunch \$0.00 Faculty Lunch \$4.00

