



Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Macaroni & Cheese or Meat Sandwich FEATURED VEGGIES Glazed Carrots Fresh Salad	2 Hot Dog on a Roll or Meat Sandwich FEATURED VEGGIES Tomato Soup Celery Sticks	3 Pizza or Meat Sandwich FEATURED VEGGIES Steamed Corn Mashed Potatoes
6 Chicken Nuggets or Meat Sandwich FEATURED VEGGIES French Fries Fresh Pepper Strips	7 Turkey and Cheese Melt On a Croissant Or Meat Sandwich FEATURED VEGGIES Pierogies Fresh Broccoli	8 Corn Dogs Or Meat Sandwich FEATURED VEGGIES French Fries Carrot Sticks	9 Cheesesteak Or Meat Sandwich FEATURED VEGGIES Tator Tots Fresh Cucumbers	10 Pizza or Meat Sandwich FEATURED VEGGIES Chips Fresh Veggie
13 No School Columbus Day	14 Chicken Teners Or Meat Sandwich FEATURED VEGGIES Buttered Noodles Steamed Peas	15 General Tso Chicken Or Meat Sandwich FEATURED VEGGIES Steamed Rice Steamed Broccoli	16 Cheeseburger Or Meat Sandwich FEATURED VEGGIES French Fries Carrot Sticks	17 Pizza or Meat Sandwich FEATURED VEGGIES Fresh Salad Fresh Veggies
20 Popcorn Chicken or Meat Sandwich FEATURED VEGGIES Au Gratin Potatoes Steamed Green Beans	21 Soft Tacos Or Meat Sandwich FEATURED VEGGIES Fresh Salad Steamed Corn	22 Rib A Que on a Roll Or Meat Sandwich FEATURED VEGGIES Hash Brown Fresh Celery Sticks	23 Pulled Pork Or Meat Sandwich FEATURED VEGGIES French Fries Carrot Sticks	24 Pizza or Meat Sandwich FEATURED VEGGIES Chips Fresh Veggies
27 Chicken Nuggets or Meat Sandwich FEATURED VEGGIES Parsley Potatoes Steamed Peas	28 Sloppy Joe on a Roll Or Meat Sandwich FEATURED VEGGIES French Fries Fresh Celery Sticks	29 Meatball Sub Or Meat Sandwich FEATURED VEGGIES Buttered Noodles Steamed Green Beans	30 Jacked Up Fries Or Meat Sandwich FEATURED VEGGIES French Fries Fresh Broccoli	31 Pizza or Meat Sandwich FEATURED VEGGIES Fresh Salad Fresh Veggies

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

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Bernie Kelly, General Manager
570-345-2731, ext. 357
bkelly@pgasd.com

Meal Prices

Student Lunch	\$2.55
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00



Metz
CULINARY MANAGEMENT
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