

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
					<b>What is a Meal?</b> You 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.  <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  <b>Daily Alternates</b> Fresh Entree Salad of the Week Pizza Specialty Pizza Hamburgers/Cheese Burgers Pretzel Melts Chicken Patty (Spicy) Weekly Cold Cut Sandwiches or Wraps  	
			1  Texas Tommy on Torpedo Roll  <b>FEATURED VEGGIES</b> BBQ Baked Beans Veggie Patch	2  Macaroni & Cheese Bar  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch		
5  Chick-Fil-a Chicken Sandwich  <b>FEATURED VEGGIES</b> Green Beans Veggie Patch	6  Twin Beef Tacos  <b>FEATURED VEGGIES</b> 3 Bean Salad Veggie Patch	7  Grilled Cheese on Texas Toast  <b>FEATURED VEGGIES</b> Tomato Soup Veggie Patch	8  Chicken Alfredo w. Penne Pasta  <b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch	9  Macaroni & Cheese Bar  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch		
12  Italian Dunkers w. Marinara Sauce  <b>FEATURED VEGGIES</b> Tater Tots Veggie Patch	13  Chicken Nacho Grande  <b>FEATURED VEGGIES</b> Mexican Street Corn Veggie Patch	14  Orange Chicken w. Brown Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch	15  Buffalo Chicken Dip w. Tortilla Chips  <b>FEATURED VEGGIES</b> Celery Sticks Veggie Patch	16  Macaroni & Cheese Bar  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch		
19  Momma's Meatballs w. Pasta  <b>FEATURED VEGGIES</b> Side Salad Veggie Patch	20  Walking Beef Tacos  <b>FEATURED VEGGIES</b> Cheesy Rice Veggie Patch	21  BBQ Chicken on the Bone w. Corn Bread  <b>FEATURED VEGGIES</b> Mashed Potatoes Veggie Patch	22  Sausage, Egg and Cheese Breakfast Bowl  <b>FEATURED VEGGIES</b> Tri Hash Brown Veggie Patch	23  Macaroni & Cheese Bar  <b>FEATURED VEGGIES</b> Side Caesar Salad Veggie Patch		
26 	27  Chicken Enchiladas  <b>FEATURED VEGGIES</b> Black Beans Veggie Patch	28  Philly Cheesesteak on Toasted Roll  <b>FEATURED VEGGIES</b> Sweet Potato Fries Veggie Patch	29  Pizza Crunchers  <b>FEATURED VEGGIES</b> Steamed Garden Peas Veggie Patch	30  Macaroni & Cheese Bar  <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 Reduced Lunch Faculty Lunch  FREE FREE \$4.00			

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

