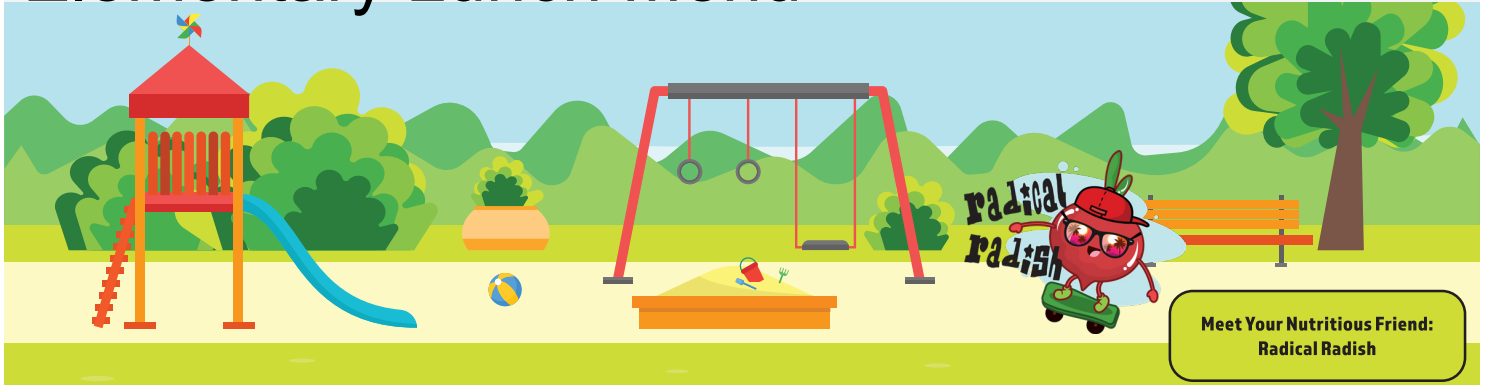


# Elementary Lunch Menu



Meet Your Nutritious Friend:  
Radical Radish

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</p> <p>Chicken Tenders w/ Pretzel Plant-Based Option</p> <p><b>FEATURED VEGGIES</b> Baked Beans Sliced Cucumbers</p>	<p>4</p> <p>Popcorn Chicken w/ Pasta</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Cauliflower Florets</p>	<p>5</p> <p>Mac &amp; Cheese Bar</p> <p><b>FEATURED VEGGIES</b> Roasted Tomatoes Sliced Cucumber</p>	<p>6</p> <p>Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad</p>	<p>7</p> <p>PIZZA DAY</p> <p><b>FEATURED VEGGIES</b> Lemon Parmesan Broccoli Baby Carrots</p>	<p><b>What is a Meal?</b> Students 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>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white or fat-free chocolate</p>
<p>10</p> <p>Grilled Cheese on Pretzel Roll</p> <p><b>FEATURED VEGGIES</b> Oven Fries Sliced Cucumbers</p>	<p>11</p> <p>Walking Tacos</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Fresh Cut Peppers</p>	<p>12</p> <p>Pasta w/ Meatballs</p> <p><b>FEATURED VEGGIES</b> Mixed Veggies Fresh Cut Peppers</p>	<p>13</p> <p><b>Breakfast Only</b></p>	<p>14</p> <p><b>Breakfast Only</b></p>	<p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white or fat-free chocolate</p>
<p>17</p> <p>Burger Bar</p> <p><b>FEATURED VEGGIES</b> Baked Beans Coleslaw</p>	<p>18</p> <p>Chicken Fajitas</p> <p><b>FEATURED VEGGIES</b> Roasted Pepper &amp; Onion Sliced Cucumber</p>	<p>19</p> <p>Nachos with Chicken</p> <p><b>FEATURED VEGGIES</b> Roasted Cauliflower Grape Tomatoes</p>	<p>20</p> <p>Breakfast Sandwich</p> <p><b>FEATURED VEGGIES</b> Smiley Fries Sliced Cucumber</p>	<p>21</p> <p>PIZZA DAY (ELEM ONLY) <b>Breakfast Only (MS/HS)</b></p> <p><b>FEATURED VEGGIES</b> Lemon Parmesan Broccoli Baby Carrots</p>	<p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white or fat-free chocolate</p>
<p>24</p> <p>BBQ Pork Sandwich</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Sliced Cucumbers</p>	<p>25</p> <p>Walking Tacos</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Fresh Cut Peppers</p>	<p>26</p> <p>Chicken Nuggets</p> <p><b>FEATURED VEGGIES</b> Ranch Refried Beans Celery Sticks</p>	<p>27</p> <p>Hot Dog</p> <p><b>FEATURED VEGGIES</b> Oven Fries Fresh Cauliflower Florets</p>	<p>28</p> <p>PIZZA DAY</p> <p><b>FEATURED VEGGIES</b> Lemon Parmesan Broccoli Baby Carrots</p>	<p><b>Daily Alternates</b> Fresh Entree Salad Bar Cheeseburger or Chicken Sandwich Weekly Cold Cut Sandwiches or Wraps Peanut Butter &amp; Jelly</p>
<p>31</p> <p>Popcorn Chicken Bowl</p> <p><b>FEATURED VEGGIES</b> Mashed Potato Fresh Cut Peppers</p>					
<p><b>Metz Culinary at Jenkintown</b> Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com</p>			<p><b>Meal Prices</b> HS Student Lunch \$3.35 ES Student Lunch \$2.85 Faculty Lunch \$4.65</p>		

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