



**Meet Your Nutritious Friend:**  
**Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken & Mashed Potato Bowl with Roll Ham & Cheese Hoagie <b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots	<b>3</b> Pasta Bar Chicken Patty Sandwich <b>FEATURED VEGGIES</b> Steamed Peas Green Pepper Strips	<b>4</b> Chicken Nuggets w/ Whole Grain Roll Cheeseburger <b>FEATURED VEGGIES</b> Steamed Corn Chickpea Salad	<b>5</b> French Toast w/ Turkey Sausage Chicken Patty <b>FEATURED VEGGIES</b> Hash Brown Potato Fresh Cucumber Slices	<b>6</b> Pizza Dunkers with Sauce Turkey Hoagie <b>FEATURED VEGGIES</b> Green Beans Baby Carrots
<b>9</b> Italian Meatballs & Cheese on a Roll Turkey Hoagie <b>FEATURED VEGGIES</b> Oven Fries Fresh Pepper Strips	<b>10</b> Walking Taco Cheeseburger <b>FEATURED VEGGIES</b> Refried Beans Lettuce & Tomato	<b>11</b> <b>BREAKFAST ONLY</b>	<b>12</b> Grilled Cheese Sandwich Chicken Patty Sandwich <b>FEATURED VEGGIES</b> Tomato Soup Corn Salad	<b>13</b> <b>PIZZA DAY</b> Italian Hoagie <b>FEATURED VEGGIES</b> Green Beans Baby Carrots
<b>16</b> <b>NO SCHOOL</b>	<b>17</b> Chicken & Cheese Quesadilla Cheeseburger <b>FEATURED VEGGIES</b> Street Corn Salad Salsa	<b>18</b> Pepper Steak w/ Lo Mein Chicken Patty Sandwich <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Cucumber	<b>19</b> Hot Ham & Cheese on a Pretzel Roll Crispy Chicken Caesar Wrap <b>FEATURED VEGGIES</b> Baked Beans Apple Cider Slaw	<b>20</b> Pizza Dunkers with Sauce Ham & Cheese Hoagie <b>FEATURED VEGGIES</b> Green Beans Baby Carrots
<b>23</b> Chicken Tenders with Soft Pretzel Grilled Cheese <b>FEATURED VEGGIES</b> Tomato Soup Tater Tots	<b>24</b> Walking Taco Cheeseburger <b>FEATURED VEGGIES</b> Refried Beans Lettuce & Tomato	<b>25</b> Indian Butter Chicken over Brown Rice Chicken Patty Sandwich <b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad	<b>26</b> Cheese Quesadilla Italian Super Sub <b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw	<b>27</b> <b>PIZZA DAY</b> Italian Hoagie <b>FEATURED VEGGIES</b> Green Beans Baby Carrots

## 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 chocolate, fat-free strawberry

## Daily Alternates

Fresh Entree Salads, Cheeseburger, Cold Cut Sandwiches, Wraps, or Chicken Patty Sandwiches in Limited Quantities w/ Rotating Availability

Peanut Butter & Jelly

Please let us know if we can accommodate any Medically Diagnosed Food Allergies

## Metz Culinary at Jenkintown

Chris Talmadge, General Manager

[Chris.Talmadge@metzcorp.com](mailto:Chris.Talmadge@metzcorp.com)

## Meal Prices

Reduced Student Lunch	FREE
HS Student Lunch	\$3.35
ES Student Lunch	\$2.85
Faculty Lunch	\$4.65

