



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free chocolate, fat-free strawberry</p> <div>Daily Alternates</div> <p>Fresh Entree Salads, Cheeseburger, Cold Cut Sandwiches, Wraps, or Chicken Patty Sandwiches in Limited Quantities w/ Rotating Availability</p> <p>Peanut Butter & Jelly</p> <p>Please let us know if we can accommodate any Medically Diagnosed Food Allergies</p> <div></div>
2	3	4	5	6	
<div>General Tso's w/ Brown Rice</div> <div>FEATURED VEGGIES</div> <div>Mixed Veggies Baby Carrots</div>	<div>Pasta Bar Lasagna</div> <div>FEATURED VEGGIES</div> <div>Steamed Peas Green Pepper Strips</div>	<div>Dip 'n' Dust CHICKEN WINGS</div> <div>FEATURED VEGGIES</div> <div>Steamed Corn Chickpea Salad</div>	<div>French Toast w/ Turkey Sausage</div> <div>FEATURED VEGGIES</div> <div>Hash Brown Potato Fresh Cucumber Slices</div>	<div>Pizza Day</div> <div>FEATURED VEGGIES</div> <div>Green Beans Baby Carrots</div>	
9	10	11	12	13	
<div>Italian Meatballs & Cheese on a Roll</div> <div>FEATURED VEGGIES</div> <div>Oven Fries Fresh Pepper Strips</div>	<div>Walking Taco</div> <div>FEATURED VEGGIES</div> <div>Refried Beans Lettuce & Tomato</div>	<div>BREAKFAST ONLY</div>	<div>Grilled Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Tomato Soup Corn Salad</div>	<div>PIZZA DAY</div> <div>FEATURED VEGGIES</div> <div>Green Beans Baby Carrots</div>	
16	17	18	19	20	
<div>NO SCHOOL</div>	<div>Chicken & Cheese Quesadilla</div> <div>FEATURED VEGGIES</div> <div>Street Corn Salad Salsa</div>	<div>Pepper Steak w/ Lo Mein</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli Fresh Cucumber</div>	<div>Hot Ham & Cheese on a Pretzel Roll</div> <div>FEATURED VEGGIES</div> <div>Baked Beans Apple Cider Slaw</div>	<div>PIZZA DAY</div> <div>FEATURED VEGGIES</div> <div>Green Beans Baby Carrots</div>	
23	24	25	26	27	
<div>Chicken Tenders with Soft Pretzel</div> <div>FEATURED VEGGIES</div> <div>Tomato Soup Tater Tots</div>	<div>Walking Tacos</div> <div>FEATURED VEGGIES</div> <div>Refried Beans Lettuce & Tomato</div>	<div>Indian Butter Chicken over Brown Rice</div> <div>FEATURED VEGGIES</div> <div>Glazed Carrots Broccoli Salad</div>	<div>Nashville Hot Chicken Sandwich</div> <div>FEATURED VEGGIES</div> <div>Curly Fries Apple Cider Slaw</div>	<div>PIZZA DAY</div> <div>FEATURED VEGGIES</div> <div>Green Beans Baby Carrots</div>	
<div>Metz Culinary at Jenkintown</div> <div>Chris Talmadge, General Manager</div> <div>Chris.Talmadge@metzcorp.com</div> <div>Meal Prices</div> <div><div>Reduced Student Lunch</div><div>FREE</div></div> <div><div>HS Student Lunch</div><div>\$3.35</div></div> <div><div>ES Student Lunch</div><div>\$2.85</div></div> <div><div>Faculty Lunch</div><div>\$4.65</div></div>					