



**Meet Your Nutritious Friend:
 Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Grilled Cheese Italian Hoagie FEATURED VEGGIES Tomato Soup Fresh Cucumber Slices	BBQ Pork Nachos Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn Fresh Peppers	Indian Butter Chicken Cheeseburger FEATURED VEGGIES Steamed Mixed Veggies Curried Chickpea Salad	Corn Dog Chicken Patty on a Bun FEATURED VEGGIES Lemon Parmesan Broccoli Celery Sticks with Ranch	Pizza Dunks with Sauce Turkey & Cheese Hoagie FEATURED VEGGIES Roasted Green Beans Baby Carrots
13	14	15	16	17
Chicken Tenders Pizza Craveable Turkey & Cheese Hoagie FEATURED VEGGIES Oven Fries Chickpea Salad	Walking Taco Pizza Craveable Chicken Patty on a Bun FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	Cheesesteak Pizza Craveable Italian Hoagie FEATURED VEGGIES Tater Tots Ranchero Carrots	Pasta Bar Pizza Craveable Cheeseburger FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	Pizza Day Pizza Craveable Italian Hoagie FEATURED VEGGIES Roasted Green Beans Baby Carrots
20	21	22	23	24
Ham & Cheese on a Pretzel Roll Soft Pretzel Craveable Orange Chicken with Rice FEATURED VEGGIES Steamed Broccoli Cucumber Slices	Crumbled Cheeseburger Tater Tot Bowl Soft Pretzel Craveable Chicken Patty Sandwich FEATURED VEGGIES Chickpea Salad Golden Corn	French Toast Sticks with Sausage Soft Pretzel Craveable Cheese Quesadilla FEATURED VEGGIES Smiley Fries Carrot Sticks	Chicken Banh Mi Soft Pretzel Craveable Macaroni & Cheese FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw	Pizza Dunks Soft Pretzel Craveable Turkey Hoagie FEATURED VEGGIES Steamed Green Beans Baby Carrots
27	28	29	30	
Chicken & Mashed Potato Bowl with Roll PBJ Uncrustable Craveable Turkey Hoagie FEATURED VEGGIES Mashed Potatoes Baby Carrots	Nachos with Tortilla Chips PBJ Uncrustable Craveable Chicken Patty Sandwich FEATURED VEGGIES Latin-Inspired Beans Tomato Salad	Turkey and Cheese Melt on a Croissant PBJ Uncrustable Craveable Cheese Quesadilla FEATURED VEGGIES Tater Tots Fresh Cucumber Slices	Cheeseburger Bar PBJ Uncrustable Craveable Pasta Bar with Dinner Roll FEATURED VEGGIES Steamed Corn Fresh Pepper Slices	

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 1/4 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

Introducing: GRAVEABLES

a build your own meal option for students, similar to those found in the prepared deli section of a supermarket

Pizza Craveable

Turkey pepperoni, Flatbread, Mozzarella Cheese, Pizza Sauce, Apple Slices

Soft Pretzel Craveable

2.2 oz Whole Grain Soft Pretzel with 4 oz Yogurt, String Cheese, Apple Slices

PBJ Uncrustable Craveable

2.6 oz Whole Grain Uncrustable, Cheese Stick, Goldfish Crackers, Apple Slices

Daily Alternates

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

Metz Culinary at Jenkintown
 Chris Talmadge, General Manager
Chris.Talmadge@metzcorp.com

Meal Prices

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



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