



**Meet Your Nutritious Friend:  
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Italian Pizza Melt Hoagie Chicken Patty Sandwich</p> <p><b>Soft Pretzel Craveable</b> <b>FEATURED VEGGIES</b> Roasted Pepper &amp; Onion Fresh Cucumber Slices</p>	<p><b>2</b></p> <p>Chicken &amp; Cheese Quesadilla Italian Hoagie</p> <p><b>Soft Pretzel Craveable</b> <b>FEATURED VEGGIES</b> Roasted Cauliflower Celery Sticks</p>	<p><b>3</b></p> <p>Bruschetta Flatbread Cheeseburger</p> <p><b>Soft Pretzel Craveable</b> <b>FEATURED VEGGIES</b> Oven Fries Fresh Pepper Strips</p>	<p><b>4</b></p> <p>Chicken Tenders w/ Pretzel Corn Dog</p> <p><b>Soft Pretzel Craveable</b> <b>FEATURED VEGGIES</b> Mixed Veggie Medley Celery Sticks</p>	<p><b>5</b></p> <p>Pizza Dunkers Italian Hoagie</p> <p><b>Soft Pretzel Craveable</b> <b>FEATURED VEGGIES</b> Roasted Broccoli Baby Carrots</p>
<p><b>8</b></p> <p>Bagel, Egg, &amp; Cheese Sandwich Italian Hoagie</p> <p><b>Pizza Craveable</b> <b>FEATURED VEGGIES</b> Oven Fries Red Pepper Strips</p>	<p><b>9</b></p> <p>TaterTot Cheeseburger Crumble Bowl Chicken Patty Sandwich</p> <p><b>Pizza Craveable</b> <b>FEATURED VEGGIES</b> Green Beans Tater Tots</p>	<p><b>10</b></p> <p>Waffles w/ Turkey Sausage Cheeseburger</p> <p><b>Pizza Craveable</b> <b>FEATURED VEGGIES</b> Mashed Potatoes Cucumber slices</p>	<p><b>11</b></p> <p>Grilled Cheese Sandwich Chicken Patty Sandwich</p> <p><b>Pizza Craveable</b> <b>FEATURED VEGGIES</b> Baked Beans Celery Sticks</p>	<p><b>12</b></p> <p>Pizza Dunkers Italian Hoagie</p> <p><b>Pizza Craveable</b> <b>FEATURED VEGGIES</b> Roasted Broccoli Baby Carrots</p>
<p><b>15</b></p> <p>Turkey &amp; Cheese Melt on a Croissant Italian Hoagie</p> <p><b>PBJ Uncrustable Craveable</b> <b>FEATURED VEGGIES</b> Mixed Veggies Cucumber Slices</p>	<p><b>16</b></p> <p>Pasta Bar Cheeseburger</p> <p><b>PBJ Uncrustable Craveable</b> <b>FEATURED VEGGIES</b> Peppers &amp; Onions Celery sticks</p>	<p><b>17</b></p> <p>Hot Dog Chicken Patty Sandwich</p> <p><b>PBJ Uncrustable Craveable</b> <b>FEATURED VEGGIES</b> Oven Fries Carrot Sticks</p>	<p><b>18</b></p> <p><b>Breakfast Only</b></p>	<p><b>19</b></p> <p><b>Have a GREAT Summer! Make Many Memories!</b></p>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>			

**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 1/2 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 white, fat-free chocolate

**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

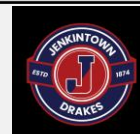
**Metz Culinary at Jenkintown**

Chris Talmadge, General Manager

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**Meal Prices**

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



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES