



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Pizza Melt Hoagie Soft Pretzel Craveable FEATURED VEGGIES Roasted Pepper & Onion Fresh Cucumber Slices	2 Buffalo Chicken Dip Soft Pretzel Craveable FEATURED VEGGIES Roasted Cauliflower Celery Sticks	3 Bruschetta Flatbread Soft Pretzel Craveable FEATURED VEGGIES Oven Fries Fresh Pepper Strips	4 Chicken Tenders w/ Pretzel Soft Pretzel Craveable FEATURED VEGGIES Mixed Veggie Medley Celery Sticks	5 Pizza Dunkers Soft Pretzel Craveable FEATURED VEGGIES Roasted Broccoli Baby Carrots
8 Bagel, Egg, & Cheese Sandwich Pizza Craveable FEATURED VEGGIES Oven Fries Red Pepper Strips	9 TaterTot Cheeseburger Crumble Bowl Pizza Craveable FEATURED VEGGIES Green Beans Tater Tots	10 Waffles w/ Turkey Sausage Pizza Craveable FEATURED VEGGIES Mashed Potatoes Cucumber slices	11 BREAKFAST ONLY	12 BREAKFAST ONLY
15 BREAKFAST ONLY	16 BREAKFAST ONLY	17 BREAKFAST ONLY	18 BREAKFAST ONLY	19 Have a GREAT Summer! Make SO Many Memories!
22	23	24	25	26
29	30			

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
Chris.Talmadge@metzcorp.com

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

