



**Meet Your Nutritious Friend:  
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Toasted Cheese Sandwich Bagel Meal (V)  <b>FEATURED VEGGIES</b> Peas Carrot	2 Cheese Pizza (V) Bagel Meal (V)  <b>FEATURED VEGGIES</b> Hot Carrots Celery	<b>What is a Meal?</b> You 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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
5 Beef Soft Tacos Bagel Meal (V)  <b>FEATURED VEGGIES</b> Corn Broccoli	6 Chicken & Waffles Bagel Meal (V)  <b>FEATURED VEGGIES</b> Green Beans Cucumber	7 Turkey & Cheese Hoagie Bagel Meal (V)  <b>FEATURED VEGGIES</b> Sweet Potato Fries Carrot	8 Mozzarella Sticks Bagel Meal (V)  <b>FEATURED VEGGIES</b> Hot Carrots Celery	9 Cheese Pizza (V) Bagel Meal (V)  <b>FEATURED VEGGIES</b> Peas Chickpea Salad	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white
12 Ham & Cheese Wrap Bagel Meal (V)  <b>FEATURED VEGGIES</b> Broccoli Cucumber	13 Nachos Grande with Tortilla Chips Bagel Meal (V)  <b>FEATURED VEGGIES</b> Corn Broccoli	14 Corn Dog Bagel Meal (V)  <b>FEATURED VEGGIES</b> Green Beans Carrot Sticks	15 French Toast with Turkey Sausage Bagel Meal (V)  <b>FEATURED VEGGIES</b> Diced Potato Celery	16 Cheese Pizza (V) Bagel Meal (V)  <b>FEATURED VEGGIES</b> Hot Carrots Cucumber	<b>Daily Alternates</b> Bagel Meal
19 Chicken Nuggets with Roll Bagel Meal (V)  <b>FEATURED VEGGIES</b> Peas Celery	20 Beef Soft Tacos Bagel Meal (V)  <b>FEATURED VEGGIES</b> Corn Lettuce & Tomato	21 Cheeseburger on a Bun Bagel Meal (V)  <b>FEATURED VEGGIES</b> Baked Beans Broccoli Salad	22 Pizza Crunchers Bagel Meal (V)  <b>FEATURED VEGGIES</b> Green Beans Carrot	23 Cheese Pizza (V) Bagel Meal (V)  <b>FEATURED VEGGIES</b> Hot Carrots Cucumber	<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products
26 <b>School Closed</b> <b>Memorial Day</b>	27 Nachos Grande with Tortilla Chips Bagel Meal (V)  <b>FEATURED VEGGIES</b> Corn Lettuce & Tomato	28 Hot Dog on a Roll Bagel Meal (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Tomato & Cucumber	29 Pancakes with Turkey Sausage Bagel Meal (V)  <b>FEATURED VEGGIES</b> Hash Browns Celery Sticks	30 Cheese Pizza (V) Bagel Meal (V)  <b>FEATURED VEGGIES</b> Peas Carrots	
<b>Your Team</b> Lisa O'Brien, Food Service Director 856-769-0855 ext. 2151 <a href="mailto:ma1545@metzcorp.com">ma1545@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast \$3.70 Reduced Breakfast \$0.00 Faculty Breakfast \$4.50		

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