

# AUGUST SEPTEMBER



2022

# SCHOOL DISTRICT MEMORIAL LUNCH MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

### Weekly Cold Cut Sandwiches

### Lunch Prices

Student \$0.00

Adult \$3.86

### General Manager

Tracy Drank

### Assistant Manager

Ryan Shissler

### Phone Number

570-825-5588

### Email

[ma1108@metzcorp.com](mailto:ma1108@metzcorp.com)

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## Monday

29

Chicken Tenders w/  
Dinner Roll  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

## Tuesday

30

Italian Dunkers  
with Sauce  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

## Wednesday

31

Chicken Patty  
On a Bun  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Mixed Vegetables  
Fresh Vegetables  
Bongo Blueberries  
Choice of Milk

## Thursday

1

Cheese Pizza  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Steamed Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

## Pizza Friday!

2

NO SCHOOL

5

NO SCHOOL

6

Beef Soft  
Tacos  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

7

Hot Dog on a Bun  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Baked Beans  
Fresh Vegetables  
Watermelon Slices  
Choice of Milk

8

BBQ Rib  
Sandwich  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Glazed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

9

Cheese Pizza  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Mixed Vegetables  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

12

Chicken Nuggets  
Dinner Roll  
or  
Italian Hoagie

### Featured Veggies:

Steamed Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

13

Walking Taco  
Topping Bar  
or  
Italian Hoagie

### Featured Veggies:

Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

14

Chicken Patty  
On a Bun  
or  
Italian Hoagie

### Featured Veggies:

Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

15

Cookout  
Hot Dog  
or  
Cheeseburger  
Traditional Toppings

### Featured Veggies:

Baked Beans  
Fresh Vegetables  
Watermelon Slices  
Choice of Milk

16

Pizza Quesadilla  
or  
Italian Hoagie

### Featured Veggies:

Steamed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

19

Cowboy Burger  
on a Bun  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Broccoli & Cheese  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

20

Beef Soft  
Tacos  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

21

Hot Dog  
on a Bun  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Mixed Vegetables  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

22

Corn Dog  
Nuggets  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

23

French Bread  
Pizza  
or  
Turkey & Cheese  
Hoagie

### Featured Veggies:

Glazed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

26

Sloppy Joe  
on Hawaiian Roll  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Steamed Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

27

Super Nachos  
Taco Beef w/ Toppings  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

28

Italian Dunkers  
with Sauce  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

29

Macaroni & Cheese  
Dinner Roll  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Mixed Vegetables  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

30

Cheese Pizza  
or  
Ham & Cheese  
Hoagie

### Featured Veggies:

Steamed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk