

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 PBJ Sandwich w/ Cheesestick or Featured Veggies: Celery Sticks Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>1 BBQ Diced Chicken On a Roll or Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>2 Salisbury Steak On a Roll or Featured Veggies: Mashed Potatoes Green Beans Choice of Fruit Choice of Milk</p>	<p>3 Chicken Patty on a Roll or Featured Veggies: Roasted Butternut Squash Lima Beans Choice of Fruit Choice of Milk</p>	<p>4 Turkey & Cheese Sandwich or Featured Veggies: Roasted Sweet Potatoes Baked Beans Choice of Fruit Choice of Milk</p>
<p>7 PBJ Sandwich w/ Cheesestick or Featured Veggies: Carrot Sticks Celery Sticks Choice of Fruit Choice of Milk</p>	<p>8 Beef Taco On a Soft Tortilla or Featured Veggies: Rice and Beans Glazed Carrots Choice of Fruit Choice of Milk</p>	<p>9 Cheese Burger On a Bun or Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>10 Christmas Dinner with a Dinner Roll Roasted Turkey w/ Stuffing Featured Veggies: Mashed Potatoes w/ Gravy Green Bean Choice of Fruit Choice of Milk</p>	<p>11 French Toast Sticks or with Sausage Featured Veggies: Carrot Sticks Steamed Carrots Choice of Fruit Choice of Milk</p>
<p>14 PBJ Sandwich w/ Cheesestick or Featured Veggies: Carrot Sticks Celery Sticks Choice of Fruit Choice of Milk</p>	<p>15 Chicken Fajita On a Soft Tortilla or Featured Veggies: Green Beans Garden Salad Choice of Fruit Choice of Milk</p>	<p>16 Cowboy Burger On a Bun or Featured Veggies: Steamed Broccoli Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>17 Chicken in Gravy Over a Biscuit or Featured Veggies: Yellow Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>18 Chicken Patty On a Bun or Featured Veggies: Green Beans Steamed Corn Choice of Fruit Choice of Milk</p>
<p>21 PBJ Sandwich w/ Cheesestick Featured Veggies: Carrot Sticks Celery Sticks Choice of Fruit Choice of Milk</p>	<p>22 Beef Taco On a Soft Tortilla Featured Veggies: Rice and Beans Glazed Carrots Choice of Fruit Choice of Milk</p>	<p>23 Beef Bologna & Cheese Sandwich Featured Veggies: Carrot Sticks Grape Tomatoes Choice of Fruit Choice of Milk</p>	<p>24 Christmas Eve</p>	<p>25 Christmas Day</p>

Pick up locations
from 7:30am to 8:30am
Westside Court
Eastside Court
Harvest Point
Union Fire Co Walnut St

All Students are Free

Debra S. Gralley
General Manager
Metz Culinary Management
metz@salemnj.org