

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily | | | | | | | |
|---|---|--|--|---|---|---------------|--------|---------------|--------|---------------|--------|---|
| <p>Werkz: Mac & Cheese! Choice of house made cheese sauce, taco beef, pulled pork, buffalo chicken.</p> | | | | | <p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, chocolate and strawberry</p> <p>Daily Alternates Fresh Entree Salads Assorted Pizza Slices Assorted Hot Sandwiches Cold Cut Sandwiches or Wraps</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p> | | | | | | | |
| | | | | <p>1</p> <p>Werkz: Mac & Cheese</p> <p>FEATURED VEGGIES Steamed Broccoli</p> | | | | | | | | |
| <p>4</p> <p>Italian Dunkers with Sauce (V)</p> <p>FEATURED VEGGIES Tomato Mozzarella Salad</p> | <p>5</p> <p>Choice of Buffalo Chicken or Seasoned Steak</p> <p>FEATURED VEGGIES Seasoned Potato Wedges</p> | <p>6</p> <p>Hot Ham & Cheese Pretzel Melt</p> <p>FEATURED VEGGIES Tater Tots</p> | <p>7</p> <p>NO SCHOOL</p> | <p>8</p> <p>NO SCHOOL</p> | | | | | | | | |
| <p>11</p> <p>NO SCHOOL</p> | <p>12</p> <p>Cowboy Burger Black Bean Burger(V)</p> <p>FEATURED VEGGIES BBQ Baked Beans</p> | <p>13</p> <p>General Tso's Chicken over Rice</p> <p>FEATURED VEGGIES Mixed Vegetables</p> | <p>14</p> <p>Classic Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Tomato Soup</p> | <p>15</p> <p>Popcorn Chicken Mashed Potato Bowl with Roll</p> <p>FEATURED VEGGIES Steamed Corn</p> | | | | | | | | |
| <p>18</p> <p>Italian Meatball & Cheese on Toasted Baguette</p> <p>FEATURED VEGGIES Green Beans</p> | <p>19</p> <p>Pepper Steak Bowl with Lo Mein Noodles</p> <p>FEATURED VEGGIES Sweet Chili Brussels</p> | <p>20</p> <p>Nashville Hot Chicken Sandwich</p> <p>FEATURED VEGGIES Curly Fries</p> | <p>21</p> <p>Chicken Nachos Grande w/Pico de Gallo</p> <p>FEATURED VEGGIES Seasoned Black Beans</p> | <p>22</p> <p>Loaded Pierogies</p> <p>FEATURED VEGGIES Glazed Carrots</p> | | | | | | | | |
| <p>25</p> <p>French Toast Sticks w/Turkey Sausage</p> <p>FEATURED VEGGIES Tater Tots</p> | <p>26</p> <p>Turkey & Provolone Sub</p> <p>FEATURED VEGGIES Seasoned Corn</p> | <p>27</p> <p>Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Sweet Potato Fries</p> | <p>28</p> <p>HAPPY THANKSGIVING</p> | <p>29</p> <p>NO SCHOOL</p> | | | | | | | | |
| <p>Glassboro High School Tim Smith, Food Service Director 856.652.2700 ext.4712 ma1592@metzcorp.com</p> | | | <p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$3.35</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.50</td> </tr> </table> | | | Student Lunch | \$3.35 | Reduced Lunch | \$0.00 | Faculty Lunch | \$4.50 |  |
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

