



**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

**Weekly Vegetable Subgroups  
May Include:**

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas & lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections  
May Include:**

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

**Leave Your Lunch at Home**

Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza

**UP FOR GRABS**

Chicken Caesar Salad with Dinner Roll  
Strawberry Spinach Salad with Dinner Roll  
Chopped Garden Salad with Dinner Roll  
Taco Salad with Dinner Roll

Asian BBQ Chicken Wrap  
Chicken Caesar Wrap  
Club Sandwich Wrap

Turkey & Cheese Flat Bread  
Buffalo Chicken Roll Up Wrap  
Turkey & Spinach Roll Up Wrap



Lunch Prices  
Student \$3.25  
Reduced \$ .40  
Adult \$4.05

**Michelle Stahlman**  
856.540.6200x.7225  
[metz@pv-eagles.org](mailto:metz@pv-eagles.org)

**Monday**

**28**

Buffalo Chicken  
On Flat Bread  
or  
Cheesesteak  
On a Roll  
**Featured Veggies:**  
Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**4**

Sloppy Joe  
On a Bun  
or  
Oriental Chicken  
Over Rice  
**Featured Veggies:**  
Steamed Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**11**

Bangin' Shrimp  
Over Rice  
or  
Corn Dog  
**Featured Veggies:**  
Steamed Broccoli  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**18**

PRESIDENT'S DAY WEEKEND



NO SCHOOL

**25**

Buffalo Chicken  
On Flat Bread  
or  
Cheesesteak  
On a Roll  
**Featured Veggies:**  
Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**Barday**

**POTATO BAR**

Baked Potatoes  
With Toppings Including  
Ham, Broccoli, Cheese, Sour  
Cream & Chives  
**Featured Veggies:**  
Broccoli  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**Asian Noodle Bowls**

Chicken Noodle Bowl W/ Sriracha  
Cilantro, Crunchy Lo Mein,  
or  
Chicken Parm  
On a Bun  
**Featured Veggies:**  
Sauteed Broccoli  
Asian Salad  
Choice of Fruit  
Choice of Milk

**Pasta Bar**

Choice of Pastas  
Garlic Bread  
Red Sauce or Alfredo  
Meatballs or Chicken  
**Featured Veggies:**  
Steamed Peas  
Side Salad  
Choice of Fruit  
Choice of Milk

**Chicken Bowls**

Popcorn Chicken Bowl  
with a Dinner Roll  
or  
Southwest Chicken Bowl  
Over Rice  
**Featured Veggies:**  
Corn  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**Cheeseburger Bar**

100% Beef Patties  
With Toppings Including  
Bacon, Chili, Cheese, Carmelized  
Onions, Guac  
**Featured Veggies:**  
French Fries  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**Wednesday**

**30**

Chicken Cordon Bleu  
On a Bun  
or  
Spaghetti & Meat sauce  
Garlic Bread  
**Featured Veggies:**  
Corn  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**6**

Egg, Sausage & Cheese  
On Pancakes  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Tater Tots  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**13**

Beef Enchilada  
Over Rice  
or  
Walking Cheese Steak  
Funyons  
**Featured Veggies:**  
Green Beans  
Corn Salad  
Choice of Fruit  
Choice of Milk

**20**

Double Cheeseburger  
On a Bun  
or  
3 Bean Chicken Chili  
Tortilla Chips  
**Featured Veggies:**  
Bakd Beans  
Caesar Salad  
Choice of Fruit  
Choice of Milk

**27**

Buffalo Popcorn Chicken  
With a Dinner Roll  
or  
Spaghetti & Meat sauce  
Garlic Bread  
**Featured Veggies:**  
Corn  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Grilleday**

**AMERICAN GRILLE**

Hot Dogs w/ all the Fixings  
Garlic Bread Stick  
or  
Southern BBQ Pork  
On a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Celery Sticks with Ranch  
Choice of Fruit  
Choice of Milk

**Mexican Grille**

Beef, Chicken, or Beans  
Soft or Crunchy Taco  
or  
Build Your Own Burrito  
Spanish Rice  
**Featured Veggies:**  
Roasted Corn  
Guacamole  
Choice of Fruit  
Choice of Milk

**VALENTINE GRILLE**

Love Me (Chicken) Tenders  
With a Dinner Roll  
or  
Beef & Cheese Bae-rito  
Over Rice  
**Featured Veggies:**  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Melt Grille**

Choose from a selection  
of Delicious Melted  
Sandwiches & Grinders  
**Featured Veggies:**  
Homefired Potatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**Jak'd Up Fries Grille**

Loaded Fries with Toppings  
with a Dinner Roll  
Chili, Pizza, Taco  
**Featured Veggies:**  
Steamed Broccoli  
Celery Sticks with Ranch  
Choice of Fruit  
Choice of Milk

**Friday**

**1**

Thanksgiving Bowls  
or  
Corn Dog  
**Featured Veggies:**  
Mashed Potatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**8**

Beef & Bean Chili  
Tortilla Chips  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk

**15**

PRESIDENT'S DAY WEEKEND



NO SCHOOL

**22**

Chicken Fajita  
On a Soft Tortilla  
or  
Italian Dunkers  
**Featured Veggies:**  
Roasted Zucchini  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**1**

Hot Turkey Sandwich  
or  
Corn Dog  
**Featured Veggies:**  
Mashed Potato  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk