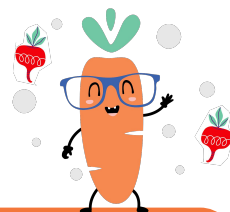


October 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Pizzeria Pizza Grilled Cheese w/ Cheezits Side Salad w/ Cheese Fruit Choice	2  No Lunch Service
5 Cheeseburger Chef Salad w/ Dinner Roll French Fries Fruit Choice	6 Boneless Wings <i>(Garlic Parm or Buffalo Sauce)</i> Personal Pepperoni Pizza Tater Tots Fruit Choice	7 Chicken Filet Sandwich Ham & Cheese Pretzel Melt Green Peas Fruit Choice	8 Meatball Parm Sandwich Chicken Caesar Salad Wrap Green Beans Fruit Choice	9 Pizzeria Pizza Garden Salad w/ Hard Boiled Egg and Dinner Roll Veggie Patch Fruit Choice
12 	13 Chicken & Cheese Quesadilla w/ Yellow Rice Mini Pizza Bagel Bites Fiesta Corn Fruit Choice	14 Chocolate Chip Waffles w/ Crispy Bacon Mini Corn Dogs Hashbrowns Fruit Choice	15 Cheesesteak Turkey B.L.T. Wrap Sweet Potato Fries Fruit Choice	16 Pizzeria Pizza Grilled Cheese w/ Cheezits Side Salad w/ Cheese Fruit Choice
19 	20 Walking Tacos Chicken Caesar Wrap Golden Corn Fruit Choice	21 Pizza Crunchers w/ Marinara Sauce Ham & Cheese Pretzel Melt Glazed Carrots Fruit Choice	22 Chicken Parm Sandwich Taco Salad w/ Dinner Roll Broccoli Fruit Choice	23 Pizzeria Pizza Garden Salad w/ Hard Boiled Egg and Dinner Roll Veggie Patch Fruit Choice
26 Bacon Cheeseburger Garden Salad w/ Chicken Tater Tots Fruit Choice	27 Cheesy Chicken Flatbread Cheesesteak French Fries Fruit Choice	28 French Toast Sticks w/ Sausage Mini Corn Dogs Hash Browns Fruit Choice	29 Chicken Alfredo over Penne with Breadstick Turkey & Cheese Wrap <i>(Lettuce & Tomato)</i> Broccoli Fruit Choice	30 Pizzeria Pizza Grilled Cheese w/ Cheezits Side Salad Fruit Choice

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student \$4.95
Adult \$5.50

Available Daily

-Chicken Nuggets w/ Cheez-its and daily fruit and vegetable choice
-PB & J Uncrustable Craveable: *PB&J, String Cheese, Apple Slices, Goldfish*
-Cereal Meal: *Assorted Cereal Cup, Yogurt, Apple Slices, Graham Crackers*

Fruit & Veggie Selection

Whole Fruit or Cupped Fruit
Veggie Patch: assorted cut vegetables

Students may choose two ½ cup servings.

Milk Selection

1% White, Fat Free Chocolate, Fat Free Strawberry

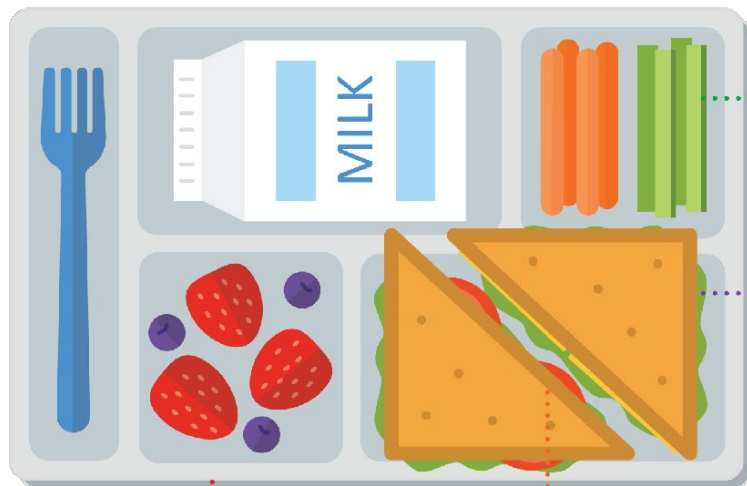
Your Dining Services Team

Alison Peters
Food Service Director
(856) 655-2545
alison.peters@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

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





MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	\$4.95
Adult Lunch:	\$5.50

Join our Birthday Club! If you would like to help celebrate your student's birthday at school please reach out the Alison Peters (alison.peters@metzcorp.com) for more information.

Meet Your **nutritious friends**



Pears are:

1. Highly nutritious
2. May promote gut health
3. Contain beneficial plant compounds
4. Have anti-inflammatory properties
5. Linked to a lower risk of diabetes
6. May boost heart health
7. May help you lose weight

Thank you for the great welcome to St. Rose we have received. It was wonderful to see everyone at Back To School Night.

YOUR DINING SERVICES TEAM

Alison Peters
(856) 655-2545 | alison.peters@metzcorp.com