### Monday
- **10/9/18**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Corn Dog**

### Tuesday
- **10/10/18**
  - **Breakfast Day**: Creamy Three Cheese Pasta or Corn Dog

### Wednesday
- **10/11/18**
  - **French Toast Sticks**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

### Thursday
- **10/11/18**
  - **Breakfast Day**: Creamy Three Cheese Pasta
  - **Pasta Station**

### Friday
- **10/12/18**
  - **Breakfast Day**: Creamy Three Cheese Pasta or Corn Dog

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### Featured Sides:
- **Yellow Rice**
- **Scrambled Eggs**
- **Corn Dog**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: Garden Salad with Tuna - $4.00
- **Egg Salad Wrap** - $4.00

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### Monday
- **10/16/18**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

### Tuesday
- **10/17/18**
  - **Breakfast Day**: Meatball or Poutine
  - **Pancakes**

### Wednesday
- **10/18/18**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

### Thursday
- **10/19/18**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

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### Featured Sides:
- **Yellow Rice**
- **Scrambled Eggs**
- **Corn Dog**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: Taco Salad - $4.00
- **Egg Salad Wrap** - $4.00

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### Featured Sides:
- **French Fries**
- **Yellow Rice**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: Chef Salad - $4.00
- **Egg Salad Wrap** - $4.00

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### Featured Sides:
- **French Fries**
- **Yellow Rice**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: Buffalo Chicken Wrap - $4.00
- **Taco Salad** - $4.00

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### Featured Sides:
- **French Fries**
- **Yellow Rice**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: BBQ Chicken Wrap - $4.00
- **Taco Salad** - $4.00

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### Featured Sides:
- **French Fries**
- **Yellow Rice**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: Chef Salad - $4.00
- **Italian Hoagie Wrap** - $4.00

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### Student Lunch with 1 Side $3.50
- **Tina Nelson**
  - **Phone Number**: 732-349-2355
  - **Email**: Tnlar1111@metzcorp.com

### Student Lunch with 2 sides $4.00
- **Phone Number**: 732-349-2355
  - **Email**: Tnlar1111@metzcorp.com

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**DIRECTIONS:**
- Heat oil in a large pot over medium high heat.
- Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently, until tender, about 5 minutes. Add turkey and cook until browned. Add pumpkin, water, chili powder, cumin and salt and pepper and bring to a boil. Reduce heat to medium low and add beans. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.

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**INGREDIENTS:**
- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped
- 1 green bell pepper, seeded, chopped
- 2 jalapeños, seeded and finely chopped
- 1 can kidney beans, rinsed and drained
- 1 can pumpkin purée
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon salt
- Ground black pepper, to taste

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**COLUMBUS DAY**
- **Friday**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

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**Taco Tuesday**
- **Friday**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

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**Make Your Own Sandwich**
- **Friday**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

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**Make Your Own Quesadilla**
- **Friday**
  - **Breakfast Day**: Make Your Own Taco Tuesday or Chicken Fajitas
  - **Bacon or Sausage**

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**Featured Sides:**
- **Veggie Surprise**
- **Bacon or Sausage**
- **Make Your Own Quesadilla**
- **Choice of Fruit**
- **Choice of Milk**
- **Choice of Milk**

**Weekly Featured Salad and Wrap**: Make Your Own Quesadilla - $4.00
- **Make Your Own Quesadilla** - $4.00

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