

**BABY**



**Black Bean**

**Meet Your Nutritious Friend:  
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Chicken Alfredo over Penne Pasta Or Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p>2</p> <p>Meatball Sub Or Chef Salad with a Roll</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>3</p> <p>Spring Break No School</p>
<p>6</p> <p>Spring Break No School</p>	<p>7</p> <p>Chicken and Cheese Quesadilla Or Nachos Grande</p> <p><b>FEATURED VEGGIES</b> Sweet Peas</p>	<p>8</p> <p>Spaghetti with Meat Sauce Or Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Baked Beans Crinkle Fries</p>	<p>9</p> <p>Ham-Cheese-Pepperoni Pinwheel or Chef Salad with a Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p>10</p> <p>Pizza Or Turkey Hoagie with Cheese</p> <p><b>FEATURED VEGGIES</b> Buttered Corn</p>
<p>13</p> <p>Bacon Cheddar Cheese Pierogies Or Ham and Cheese Hoagie</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>14</p> <p>Chicken Patty Sandwich Or Loaded Taco Tot Bowl</p> <p><b>FEATURED VEGGIES</b> Baked Beans Tater Tots</p>	<p>15</p> <p>Pizza Casserole Or Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Hashbrown Triangles</p>	<p>16</p> <p>Toasted Cheese Sandwich with Tomato Soup Or Chef Salad with a Roll</p> <p><b>FEATURED VEGGIES</b> Sweet Peas</p>	<p>17</p> <p>Pizza Or Turkey Hoagie with Cheese</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>
<p>20</p> <p>Chicken and Gravy over Biscuit with Mashed Potatoes Or Ham and Cheese Hoagie</p> <p><b>FEATURED VEGGIES</b> Sweet Peas</p>	<p>21</p> <p>Chicken Tenders or Walking Taco</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>22</p> <p>Chicken Alfredo over Penne Pasta Or Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Buttered Corn</p>	<p>23</p> <p>Macaroni &amp; Cheese Or Chef Salad with a Roll</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetables</p>	<p>24</p> <p>Pizza or Turkey Hoagie with Cheese</p> <p><b>FEATURED VEGGIES</b> Candied Carrots</p>
<p>27</p> <p>French Toast Sticks with Sausage Or Ham and Cheese Hoagie</p> <p><b>FEATURED VEGGIES</b> Hashbrown/Green Beans</p>	<p>28</p> <p>Soft Shell Beef Taco or Nachos Grande with Tortilla Chips</p> <p><b>FEATURED VEGGIES</b> Sweet Peas</p>	<p>29</p> <p>Spaghetti with Meat Sauce or Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Sweet Potato Fries</p>	<p>30</p> <p>Toasted Cheeseburger Flatbread Or Chef Salad with a Roll</p> <p><b>FEATURED VEGGIES</b> Candied Carrots</p>	<p>5/1</p> <p>Popcorn Chicken Or Turkey Hoagie with Cheese</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Buttered Corn</p>

**What is a Meal?**

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

**Choice of Vegetable**

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

**Choice of Fruit**

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**

1% white, fat-free white, fat-free chocolate

**Daily Alternates**

Smucker's Grape PB&J  
Uncrustable Craveable

**(V) Vegetarian**

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

**(VG) Vegan**

These items do not contain any animal products

**Your Team**

Tammy Vinglas, General Manager  
814.447.5529 ext. 2336  
[ma1040@metzcorp.com](mailto:ma1040@metzcorp.com)  
[tvinglas@shcsd.org](mailto:tvinglas@shcsd.org)

**Meal Prices**

Student Lunch	\$0.00
Reduced Lunch	\$0.00
Faculty Lunch	\$4.85



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES