



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Or Popcorn Chicken FEATURED VEGGIES Steamed Broccoli
4 Buffalo Chicken Dip With Chips Or Hot Dog on a Bun FEATURED VEGGIES Buttered Corn	5 Hot, Crunchy Taco Wrap or Ham and Cheese Hoagie FEATURED VEGGIES Sweet Peas	6 Chicken Alfredo over Penne Pasta Or Cowboy Burger FEATURED VEGGIES Steamed Broccoli	7 Chicken Tenders Or Chef Salad with a Roll FEATURED VEGGIES Green Beans	8 Pizza Or Turkey Hoagie with Cheese FEATURED VEGGIES Crinkle Fries
11 Chicken Parmesan Sandwich Or Hot Dog on a Bun FEATURED VEGGIES Sweet Peas	12 Chicken and Cheese Quesadilla Or Nachos Grande FEATURED VEGGIES Mixed Vegetables	13 Spaghetti with Meat Sauce Or Cheeseburger on a Bun FEATURED VEGGIES Buttered Corn	14 Ham-Cheese-Pepperoni Pinwheel Or Chef Salad with a Roll FEATURED VEGGIES Curly Fries	15 Popcorn Chicken Or Pizza FEATURED VEGGIES Candied Carrots
18 MENU TO BE DETERMINED AND ANNOUNCED	19 MENU TO BE DETERMINED AND ANNOUNCED	20 MENU TO BE DETERMINED AND ANNOUNCED	21 MENU TO BE DETERMINED AND ANNOUNCED	22 MENU TO BE DETERMINED AND ANNOUNCED
25	26	27	28	29

What is a Meal?
Students must choose at least 3 of the 4 components available for the school breakfast price.
-Choice of Whole Grain
-Choice of Protein
-Choice of Fruit or Vegetable
-Choice of Milk
A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereal Bars (served with Goldfish)
Cinnamon Toast Crunch, Trix, Cocoa Puffs

Whole Grain Cereals
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms

Whole Grain Donuts
Powdered and Chocolate Coated

Whole Grain Poptarts
Strawberry, Cinnamon and Chocolate Fudge

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

Choice of Milk
1% white, fat-free chocolate, fat-free strawberry

(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

Meal Prices

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES