

Monday	Tuesday	Wednesday	Thursday	Friday
				1 General Tso's Chicken Over Rice 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 Walking Taco FEATURED VEGGIES Sweet Peas	6 Cowboy Burger Or Chicken Alfredo over Penne Pasta FEATURED VEGGIES Steamed Broccoli	7 Chicken Tenders Or Meatball Sub FEATURED VEGGIES Green Beans	8 Chicken Mashed Potato Bowl FEATURED VEGGIES Buttered Corn
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 Chicken Tenders FEATURED VEGGIES Curly Fries	15 General Tso's Chicken Over Rice FEATURED VEGGIES Steamed Broccoli
18 MENU TO BE DETERMINES AND ANNOUNCED	19 MENU TO BE DETERMINES AND ANNOUNCED	20 MENU TO BE DETERMINES AND ANNOUNCED	21 MENU TO BE DETERMINES AND ANNOUNCED	22 MENU TO BE DETERMINES AND ANNOUNCED
25	26	27	28	29

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

Choice of Vegetable

Hot vegetable, leafy salad, composed 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 That Can Be Made A Reimbursable Meal:

Fresh Entree Salad of the Week

Weekly Cold Cut Sandwiches & Wraps

Hamburger/Cheeseburger

Crispy Chicken Sandwich

Pizza – Pepperoni + one Specialty Pizza

Mozzarella Cheese Pizza Sticks

Soft Pretzels

(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

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Meal Prices

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

