





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<p>What is a Meal?</p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>
CHICKEN PATTY, SPICY CHICKEN PATTY, HAMBURGERS, & CHEESEBURGERS SERVED DAILY!					
<p>6 Italian Meatball & Cheese on Toasted Baguette</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruit & Veggie Bar</p>	<p>7 TACO TUESDAY BBQ Chicken Nachos</p> <p>FEATURED VEGGIES Corn Fresh Fruit & Veggie Bar</p>	<p>8 Pasta Bar</p> <p>FEATURED VEGGIES Green Beans Fresh Fruit & Veggie Bar</p>	<p>9 French Toast Chicken Melt</p> <p>FEATURED VEGGIES Carrots Fresh Fruit & Veggie Bar</p>	<p>10 Boneless Wings with Garlic Knot</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruit & Veggie Bar</p>	<p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
CHEESE & PEPPERONI PIZZA SERVED DAILY!!					
<p>13 Jalapeno Burger</p> <p>FEATURED VEGGIES Broccoli Fresh Fruit & Veggie Bar</p>	<p>14 Sweet & Spicy Steak Walking Taco</p> <p>FEATURED VEGGIES Corn Fresh Fruit & Veggie Bar</p>	<p>15 COMET Bowl</p> <p>FEATURED VEGGIES Mashed Potatoes Fresh Fruit & Veggie Bar</p>	<p>16 Jalapeno Chicken Jammer Melt</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruit & Veggie Bar</p>	<p>17 Grilled Cheese Sandwich with Tomato Soup</p> <p>FEATURED VEGGIES Tomato Soup Fresh Fruit & Veggie Bar</p>	<p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>
School Closed FRESHLY MADE SANDWICHES & WRAPS SERVED DAILY!!					
 <p>MARTIN LUTHER KING JR. DAY</p>	<p>21 Soft Shell Tacos</p> <p>FEATURED VEGGIES Corn Fresh Fruit & Veggie Bar</p>	<p>22 Orange Chicken with Scallions over Fried Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Fruit & Veggie Bar</p>	<p>23 Breakfast for Lunch</p> <p>FEATURED VEGGIES Breakfast Potatoes Fresh Fruit & Veggie Bar</p>	<p>24 Bosco Sticks</p> <p>FEATURED VEGGIES Green Beans Fresh Fruit & Veggie Bar</p>	 <p>CELEBRATE WORLD MILK DAY DID YOU KNOW? - THE VITAMINS & MINERALS IN MILK HELP TO BUILD STRONG BONES & TEETH & GIVE US THE ENERGY OUR BODIES NEED!! GET THE DAIRY FOODS YOUR BODY NEEDS AT ALL MEALS! WORLD MILK DAY</p>
<p>27 General Tso's Ramen Noodle Bowl</p> <p>FEATURED VEGGIES Mixed Veggies Fresh Fruit & Veggie Bar</p>	<p>28 Pulled Pork Sandwich</p> <p>FEATURED VEGGIES Corn Fresh Fruit & Veggie Ba</p>	<p>29 Buffalo Chicken Mac & Cheese</p> <p>FEATURED VEGGIES Broccoli Fresh Fruit & Veggie Ba</p>	<p>30 American Burger Bowl</p> <p>FEATURED VEGGIES Green Beans Fresh Fruit & Veggie Ba</p>	<p>31 Jacked Up Fries</p> <p>FEATURED VEGGIES French Fries Fresh Fruit & Veggie Bar</p>	 <p>Happy New Year</p>
<p>Your Team Marissa Janesko, General Manager ma1113@metzcorp.com</p>			<p>Meal Prices Student Lunch \$2.40 Faculty Lunch \$4.00</p>		 <p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>

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

