

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>What is a Meal? Students 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> <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, fat-free chocolate, fat-free vanilla, fat-free strawberry</p> <p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p>									
1	2	3	4	5					
Chicken Nuggets with Dinner Roll	Tacos	Burger Bar	Bosco Sticks	Hot Ham & Cheese on a Croissant					
FEATURED VEGGIES Steamed Broccoli Fresh Fruits & Veggies	FEATURED VEGGIES Corn Fresh Fruits & Veggies	FEATURED VEGGIES Steamed Veggies Fresh Fruits & Veggies	FEATURED VEGGIES Steamed Carrots Fresh Fruits & Veggies	FEATURED VEGGIES Steamed Peas Fresh Fruits & Veggies					
8	9	10	11	12					
Chicken Tenders with Dinner Roll	Tacos	Cheese Pizza Chicken Patty							
FEATURED VEGGIES Green Beans Fresh Fruits & Veggies	FEATURED VEGGIES Steamed Corn Fresh Fruits & Veggies	FEATURED VEGGIES Fresh Fruits & Veggies							
15	16	17	18	19					
22	23	24	25	26					
29	30								
Your Team Name Here, General Manager ma1113@metzcorp.com		Meal Prices Student Lunch \$2.40 Reduced Lunch \$0.00 Faculty Lunch \$4.00							
									

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

