



**Meet Your Nutritious Friend:  
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Ham & Cheese on a Pretzel Roll  <b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits & Veggies	2 Soft Shell Tacos  <b>FEATURED VEGGIES</b> Steamed Corn Fresh Fruits & Veggies	3 Asian Chicken with Rice  <b>FEATURED VEGGIES</b> Mixed Veggies Fresh Fruits & Veggies	4 <b>Field Day Cookout</b> Cheeseburger Hot Dog Baked Chips  <b>FEATURED VEGGIES</b> Fresh Watermelon	5 Penne Pasta or Lasagna Rollups With Meatballs  <b>FEATURED VEGGIES</b> Steamed broccoli Fresh Fruits & Veggies
8 Chicken Tenders with Buttered Noodles  <b>FEATURED VEGGIES</b> Steamed Veggies Fresh Fruits & Veggies	9 BBQ Rib Sandwich With Mac and Cheese  <b>FEATURED VEGGIES</b> Steamed Corn Fresh Fruits & Veggies	10 Baked Ham with Mashed Potatoes or Rice  <b>FEATURED VEGGIES</b> Mashed Potatoes Fresh Fruits & Veggies	11 Burgers  <b>FEATURED VEGGIES</b> Fresh Fruits & Veggies	12
15	16	17	18	19
22	23	24	25	26
29	30			

### 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 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, fat-free vanilla, fat-free strawberry

### Daily Alternates

Fresh Entree Salad of the Week  
Craveables  
Weekly Cold Cut Sandwiches & Wraps

### Your Team

Marissa Janesko, General Manager  
[ma1113@metzcorp.com](mailto:ma1113@metzcorp.com)

### Meal Prices

Student Lunch	\$2.25
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES