

	Meatless Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<i>Main Plate</i>	<p> Potato &amp; Cheese Filled Pierogies</p> <p>  Roasted Cauliflower</p> <p>  Mandarin Oranges</p> <p>  Gluten-Free and Vegan Options Available</p>	<p>Sweet &amp; Sour Chicken</p> <p>  Edamame Beans</p> <p>Vegetable Egg Rolls</p> <p>  Gluten-Free and Vegan Options Available</p>	<p><b>NO School Yom Kippur</b></p>	<p>BBQ Pulled Pork Sandwich</p> <p>  Applesauce</p> <p>Steamed Green Beans</p> <p>  Gluten-Free and Vegan Options Available</p>	<p> Baked Ziti</p> <p> Garlic Breadsticks</p> <p>Fresh Mixed Vegetables</p> <p>  Gluten-Free and Vegan Options Available</p>
	<p>  A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>	<p>  A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>		<p>  A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>	<p>  A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>
	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>		<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>
<i>duJour</i>	<p>  Housemade Vegetable Soup</p>	<p>Housemade Cauliflower &amp; Bacon Soup</p>		<p>Housemade Loaded Potato Soup</p>	<p>Housemade 3 Bean Soup</p>
<i>Just Desserts</i>	<p>  Sliced Peaches</p>	<p>  Vanilla Ice Cream Cup</p>		<p>  Fresh Mixed Fruit Cup</p>	<p> Chocolate Chip Cookies</p>

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item
- Denotes Organic
- Denotes Local

At Metz, we strive to serve the freshest and healthiest options for our children. Our goal is to provide a menu with a minimum of 80% fresh food not processed. Our food is never fried. We offer vegetarian, vegan and gluten-free options at each meal.

Thoroughly cooking meats, seafood, shellfish and eggs reduces risk of food borne illness.