

	Meatless Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<i>Main Plate</i>	<p> Grilled Cheese</p> <p> Ruffles Chips</p> <p> Steamed Cauliflower</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Baked Potato Bar</p> <p> Steamed Broccoli</p> <p> Shredded Cheddar Cheese, Bacon, Salsa, Sour Cream, and Scallions</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Sloppy Joe Sandwich</p> <p> Steamed Corn</p> <p> Steamed Green Beans</p> <p> Gluten-Free and Vegan Options Available</p>	<p>No School Parent/Teacher Conferences</p>	<p>No School Parent/Teacher Conferences</p>
	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free</p>	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>		
	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens, Fresh, Organic, and Local Vegetables,</p> <p>Chef made Composed Salads, Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>		
<i>duJour</i>	<p> Housemade Tomato Soup</p>	<p> Housemade Beef Chili</p>	<p> Housemade Split Pea Soup</p>		
<i>Just Desserts</i>	<p> Chocolate Pudding</p>	<p> Fresh Sliced Cantalope</p>	<p> Fresh Diced Pineapple</p>	<p> </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.