

|                      | Meatless Monday 21  | Tuesday 22  | Wednesday 23  | Thursday 24   | Friday 25   |
|----------------------|---|---|---|---|---|
| <i>Main Plate</i>    | Penne Marinara with Shredded Parmesan Cheese<br>Mandarin Oranges<br>Roasted Broccoli<br>Gluten-Free and Vegan Options Available | Taco Tuesday: Beef & Vegetable Tacos<br>Mexican Seasoned Rice Cheddar Cheese, Tomato, Lettuce, Sour Cream, And Salsa<br>Gluten-Free and Vegan Options Available | Honey Baked Ham<br>Garlic Roasted Potatoes<br>Steamed Mixed Vegetables<br>Gluten-Free and Vegan Options Available             | Baked Chicken Parmesan<br>Rice Pilaf<br>Honey Glazed Carrots<br>Gluten-Free and Vegan Options Available                   | Hot Dogs<br>Baked Beans<br>Roasted Squash & Zucchini<br>Gluten-Free and Vegan Options Available                           |
|                      | A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free          | A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free  | A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free        | A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free    | A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free    |
|                      | Mixed Greens Fresh, Organic and Local Vegetables<br>Chef made Composed Salads<br>Variety of Regular and Low-Fat Dressings       | Mixed Greens Fresh, Organic and Local Vegetables<br>Chef made Composed Salads<br>Variety of Regular and Low-Fat Dressings                                       | Mixed Greens, Fresh, Organic, and Local Vegetables,<br>Chef made Composed Salads,<br>Variety of Regular and Low-Fat Dressings | Mixed Greens Fresh, Organic and Local Vegetables<br>Chef made Composed Salads<br>Variety of Regular and Low-Fat Dressings | Mixed Greens Fresh, Organic and Local Vegetables<br>Chef made Composed Salads<br>Variety of Regular and Low-Fat Dressings |
| <i>duJour</i>        | Housemade Vegetable Rice Soup   | Housemade Chicken Tortilla Soup   | Housemade Butternut Squash Soup   | Housemade Cream of Mushroom Soup  | Housemade Beef Chili  |
| <i>Just Desserts</i> | Vanilla Ice Cream Sandwich  | Fresh Watermelon Wedge  | Vanilla Pudding   | Strawberry Yogurt Parfaits  | Chocolate Chip Cookie   |

- 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.