

	Meatless Monday-9	Tuesday-10	Wednesday-11	Thursday-12	Friday-13
<i>Main Plate</i>	Cheese Pierogies with Sour Cream Roasted Broccoli Mandarin Oranges Gluten-Free and Vegan Options Available	Sweet & Sour Chicken Vegetable Spring Rolls Steamed Rice Gluten-Free and Vegan Options Available	Housemade Mac & Cheese Housemade Asian Slaw Baked Curly Fries Gluten-Free and Vegan Options Available	Meatball Marinara Sandwich Roasted Cauliflower Ruffles Chips Gluten-Free and Vegan Options Available	Hanukkah Lunch: Roasted Chicken Five Spice Apple Sauce Potato Latkes Gluten-Free and Vegan Options Available
	1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free
	Mixed Greens Fresh, Organic and Local Vegetables A Chef Made Composed Salad & a Variety of Dressings	Mixed Greens Fresh, Organic and Local Vegetables A Chef Made Composed Salad & a Variety of Dressings	Mixed Greens Fresh, Organic and Local Vegetables A Chef Made Composed Salad & a Variety of Dressings	Mixed Greens Fresh, Organic and Local Vegetables A Chef Made Composed Salad & a Variety of Dressings	Mixed Greens Fresh, Organic and Local Vegetables A Chef Made Composed Salad & a Variety of Dressings
<i>duJour</i>	Housemade Lentil Soup	Housemade Egg Drop Soup	Housemade Split Pea Soup	Housemade Broccoli Cheddar Soup	Housemade Mushroom Barley Soup
<i>Just Desserts</i>	Fresh Sliced Oranges	Fortune Cookie	Chocolate Pudding	Fresh Sliced Honeydew	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.