

	Meatless Monday-2	Tuesday-3	Wednesday-4	Thursday-5	Friday-6
<i>Main Plate</i>	<p> Spaghetti Marinara</p> <p> Dinner Roll</p> <p> Roasted Cauliflower</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Chicken Patty Sandwich</p> <p> Baked Tater Tots</p> <p>Applesauce</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Hot Dogs</p> <p> Baked Beans</p> <p>Roasted Squash & Zucchini</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Pork Potstickers</p> <p>Asian Rice</p> <p>Steamed Broccoli</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Kwanzaa Lunch: Oven Baked Fried Chicken</p> <p> Collard Greens with Bacon & Red Onions</p> <p> Carribean Rice with Black Beans</p> <p> Gluten-Free and Vegan Options Available</p>
	<p> 1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> 1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> 1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> 1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> 1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>
	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>A Chef Made Composed Salad & a Variety of Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>A Chef Made Composed Salad & a Variety of Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>A Chef Made Composed Salad & a Variety of Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>A Chef Made Composed Salad & a Variety of Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>A Chef Made Composed Salad & a Variety of Dressings</p>
	<p> Housemade Pasta Fagiola Soup</p>	<p> Housemade Broccoli Cheddar Soup</p>	<p> Housemade Beef Chili</p>	<p> Housemade Turkey & Rice Soup</p>	<p> Housemade Black Eyed Pea & Ham Soup</p>
	<p> Fresh Diced Pineapple</p>	<p> Fresh Sliced Watermelon</p>	<p> Fresh Sliced Cantaloupe</p>	<p> Fresh Mixed Fruit Cup</p>	<p> Chocolate Chip Cookie</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.