

	Meatless Monday-16	Tuesday-17	Wednesday-18	Thursday-19	Friday-20
<i>Main Plate</i>	<p> Ravioli Marinara with Shredded Parmesan Cheese</p> <p> Garlic Breadsticks</p> <p> Fresh Roasted Brussels</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Taco Tuesday Beef & Vegetable Tacos</p> <p> Mexican Seasoned Rice</p> <p> Cheddar Cheese, Tomato, Lettuce, Sour Cream, And Salsa</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Baked Chicken Nuggets</p> <p> Baked Tater Tots</p> <p> Mixed Vegetables</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Christmas Lunch: Honey Baked Ham</p> <p> Roasted Potatoes</p> <p> Green Beans & Roasted Red Peppers</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Noon</p> <p>Dismissal</p> <p>No Lunch</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> Housemade Vegetable Rice Soup</p>	<p> Housemade Chicken Tortilla Soup</p>	<p> Housemade French Onion Soup</p>	<p>Housemade Italian Wedding Soup</p>	
	<p> Sliced Peaches</p>	<p> Churros</p>	<p> Fresh Diced Pineapple</p>	<p> Chocolate Chip Ice Cream Sandwich</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.