

	Monday-17 Meatless Monday	Tuesday-18	Wednesday-19	Thursday-20	Friday-21
<i>Main Plate</i>	Mid Winter Break	Beef Burgers Lettuce, Tomato, And American Cheese	Jack Cabot Menu: French Toast Bacon	Fajita Pierogies with Sauteed Peppers Applesauce Balsamic Glazed Brussels Sprouts	Cavatappi Pasta with Italian Sausage & Marinara Sauce Garlic Breadsticks Roasted Broccoli
	No School	Ruffles Chips Gluten-Free and Vegan Options Available	Fresh Strawberries Gluten-Free and Vegan Options Available	Gluten-Free and Vegan Options Available	Gluten-Free and Vegan Options Available
		1 Deli Meat or Protein, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat or Protein, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat or Protein, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	1 Deli Meat or Protein, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free
		Fresh Greens & Vegetables, A Chef Made Composed Salad & a Variety of Dressings	Fresh Greens & Vegetables, A Chef Made Composed Salad & a Variety of Dressings	Fresh Greens & Vegetables, A Chef Made Composed Salad & a Variety of Dressings	Fresh Greens & Vegetables, A Chef Made Composed Salad & a Variety of Dressings
		Housemade Cream of Mushroom Soup	Housemade Tomato Soup	Housemade Pasta Fagiola Soup	Housemade Spinach & Lentil Soup
<i>Just Desserts</i>		Fresh Sliced Honeydew	Firecracker Popsicles	Fresh Sliced Watermelon	Chocolate Chip Cookies

- 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.