



THE METRO STATION: LUNCH MENU

Menu items are available on a rotation schedule. Weekly schedules can be accessed in the FACTS Family Portal.

menu items

Chef Salad with Fried/Grilled Chicken Tenders

Cobb Salad

Romaine Lettuce, diced chicken, bacon bits, tomatoes, cucumbers, shredded cheese, choice of dressing

Market Salad

Romaine Lettuce, diced chicken, strawberries, blueberries, diced apples, crumbles bleu cheese, choice of dressing

Caesar Salad

Romaine Lettuce, grilled chicken, croutons, grated parmesan cheese, and Caesar dressing

Chicken Tenders

Corn Dogs

Hot Dog

Hamburger / Cheeseburger

Barbecue Sandwich

Sloppy Joe Sandwiches

Baked Potato (Bacon or Cheese)

Baked Sweet Potato with butter & cinnamon

Asiago Chicken Sandwich

Sub Sandwiches: Meatball Parmesan,

Turkey & Cheese, Ham & Cheese

Burritos: Beef or Chicken

Soft Tacos: Beef or Cheese

Chicken Rice Bowl

Baked Ziti

Chicken Alfredo

Spaghetti with Meatballs

Lasagna

Baked Ravioli with marinara sauce

Tuna Salad with croissant & grapes

Chicken Salad with croissant & grapes

sides

Side Garden Salad

Side Kale Salad

French Fries

Sweet Potato Fries

Yogurt Parfait with fruit

Vegetable Mix with ranch dressing

Protein Pack (Turkey, Cheese, Apple Slices)

Queso & Chips

Mexican Fiesta Rice

Soup: Broccoli Cheese, Potato, Chili

Seasoned Corn

Seasoned Green Beans

Steamed Broccoli

Baked Beans

beverages

Bottled Water

Milk: plain or chocolate

Juice: Kool-Aid Jammers

Soft Drinks (*High School Only*)

Powerade Sports Drinks (*High School Only*)

vendors

Hungry Howie's (Tuesday)

Chick-fil-A (Thursday)

**Vendors and menu options are subject to change*