



THE METRO STATION: LUNCH MENU

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

entrees

Chef Salad

A fresh bed of tossed lettuce topped with ham and turkey, grape tomatoes, cucumbers, shredded carrots, sliced hard boiled eggs, cheddar cheese, and crunchy croutons. Choice of dressing.

Garden Salad with Chicken

A fresh bed of mixed greens with choice of grilled chicken or chicken tenders, grape tomatoes, cucumbers, shredded carrots, and a blend of Monterey Jack & Cheddar cheeses. Choice of dressing.

Cobb Salad

A fresh bed of mixed greens topped with diced chicken breast, blend of shredded Monterey Jack & Cheddar cheeses, crumbled bacon, sliced hard boiled egg, grape tomatoes and avocado. Choice of dressing.

Market Salad

Grilled chicken breast served on fresh bed of mixed greens, topped w/ crumbled blue cheese, and a mix of diced apples, strawberries and blueberries. Served with almonds. Includes apple cider vinaigrette dressing.

Caesar Salad

Grilled chicken breast served on tossed bed of romaine lettuce, crunchy croutons, grated parmesan cheese and traditional Caesar dressing.

Chicken Tenders

Corn Dogs

Hot Dog

Hamburger / Cheeseburger

Barbecue Sandwich

Baked Potato (Bacon or Cheese)

Asiago Chicken Sandwich

Sub Sandwiches: Meatball Parmesan, Turkey & Cheese, Ham & Cheese

Burritos: Beef or Chicken

Beef Soft Taco

Cheese Quesadilla

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

A fresh bed of mixed greens topped w/ blend of shredded Monterey Jack & Cheddar cheeses, grape tomatoes, shredded carrots, and cucumbers. Choice of dressing.

French Fries

Sweet Potato Fries

Yogurt Parfait with fruit

Mac & Cheese

Vegetable Mix with ranch dressing

Turkey or Ham & Cheese Box w/ sliced apples

Queso & Chips

Mexican Fiesta Rice

Soup: Broccoli Cheese, Potato, Chili

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*