



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
			1	2	<p><b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b> #2 WG Uncrustable PBJ w/ Cheese Stick &amp; WG Roll (V) #3 Talbot Salad – Ham &amp; Cheese Cups w/ WG Rolls #4 Chicken Tenders w/ WG Rolls</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>						
5	6	7	8	9							
12	13	14	15	16							
19	20	21	22	23							
26	27	28	29	30							
		Welcome Back!	BBQ Ribby on a WG Bun  <b>FEATURED VEGGIE</b> Baked Beans	WG Big Daddy's Cheese Pizza (V)  <b>FEATURED VEGGIE</b> Steamed Broccoli							
Toasted Cheese On Texas Toast (V)  <b>FEATURED VEGGIE</b> Tomato Soup	Beef Walking Taco w/ WG Tortilla Chips Salsa & Sour Cream on Side  <b>FEATURED VEGGIE</b> Steamed Corn	General Tso's Chicken w/ Brown Rice  <b>FEATURED VEGGIE</b> Steamed Broccoli	WG Mini Corn Dogs  <b>FEATURED VEGGIE</b> Baked Beans	WG Stuffed Crust Pizza (V)  <b>FEATURED VEGGIE</b> Steamed Mixed Vegetables							
<p><b>Your Team</b> Jenna Ossler, General Manager 412.492.6390 <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$2.50</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table>		Student Lunch	\$2.50	Reduced Lunch	\$0.00	Faculty Lunch	\$4.00	<p><b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.