


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>						
			1	2							
5	6	7	8	9	<p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p>						
12	13	14	15	16	<p>Daily Alternates</p> <p>GRILL</p> <p>Chicken Patty on WG Bun Spicy Chicken Patty on WG Bun Grilled Chicken on WG Bun Cheese Burger on WG Bun Hamburger on WG Bun</p>						
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches											
19	20	21	22	23	<p>PIZZA</p> <p>WG Cheese Pizza (V) WG Pepperoni Pizza</p> <p>SALAD BAR</p> <p>Made to Order Salad Bar Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese</p> <p>SANDWICHES (COLD)</p> <p>WG Unrustable PBJ (V) WG Crispy Chicken Wrap WG Buffalo Chicken Wrap WG Italian Hoagie</p>						
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches											
<p>WG Potato & Cheddar Pierogi w/ WG Breadstick (V)</p> <p>Bacon Cheese Burger on WG Bun</p> <p>FEATURED VEGGIE Steamed Carrots</p>	<p>Beef Walking Taco w/ WG Tortilla Chips Salsa & Sour Cream on Side</p> <p>Ham & Cheese on WG Pretzel Bun</p> <p>FEATURED VEGGIE Steamed Corn</p>	<p>General Tso's Chicken w/ Brown Rice</p> <p>Steak & Cheese Hoagie on WG Bun</p> <p>FEATURED VEGGIE Steamed Broccoli</p>	<p>Penne Pasta w/ Breadstick Meat or Marinara Sauce</p> <p>Chicken Parmesan on WG Bun</p> <p>FEATURED VEGGIES Steamed Green Beans Chickpea Salad</p>	<p>WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V)</p> <p>BBQ Grilled Chicken on WG Bun</p> <p>FEATURED VEGGIE Steamed Mixed Vegetables</p>	<p>(V) Vegetarian</p> <p><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan</p> <p><i>These items do not contain any animal products</i></p>						
<p>Your Team</p> <p>Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.80</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	\$2.80	Reduced Lunch	\$0.00	Faculty Lunch	\$4.00	
Student Lunch	\$2.80										
Reduced Lunch	\$0.00										
Faculty Lunch	\$4.00										

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

