

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
			1	2	
5	6	7	8	9	Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
12	13	14	15	16	Daily Alternates GRILL 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 Spicy Black Bean Burger on WG Bun (V)
Available Daily: Main Plate, Grill, Pizza, Salad Bar and PBJ					
19	20	21	22	23	PIZZA WG Cheese Pizza (V) WG Pepperoni Pizza SALAD BAR Made to Order Salad Bar Protein: Grilled Chicken, Black Beans, Chickpeas or Cheese SANDWICH WG Uncrustable PBJ w/ Cheese Stick & WG Pretzels (V)
		Welcome Back!	WG Chicken Tenders w/ WG Rolls FEATURED VEGGIE Mashed Potatoes w/ Gravy	WG French Toast Sticks w/ Sausage Patties FEATURED VEGGIE Honey Glazed Carrots	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and PBJ					(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products
26	27	28	29	30	
Beef Walking Taco w/ WG Tortilla Chips Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	Penne Pasta w/ Breadstick Meat or Marinara Sauce FEATURED VEGGIE Steamed Green Beans	Steak & Cheese Hoagie on WG Hoagie Bun Lettuce, Tomato, Onion on Side FEATURED VEGGIES Oven Fries Chickpea Salad	General Tso's Chicken w/ Brown Rice FEATURED VEGGIE Steamed Broccoli	WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) FEATURED VEGGIE Steamed Carrots	
Your Team Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com			Meal Prices 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.

