


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					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.
2 Labor Day NO SCHOOL	3 Beef & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side Turkey & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Corn	4 Toasted Cheese Sandwich On Texas Toast (V) Beef Hot Dog on WG Bun FEATURED VEGGIE Tomato Soup	5 WG Cheese Ravioli w/ Sauce & WG Breadstick (V) Buffalo Chicken on WG Flatbread FEATURED VEGGIE Steamed Green Beans	6 WG Pepperoni Roll w/ Pizza Dipping Sauce Grilled Chicken & Bacon on WG Bun FEATURED VEGGIE Steamed Broccoli	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					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
9 WG Mini Corn Dogs BBQ Chicken, Cheddar & Bacon Wrap FEATURED VEGGIE Steamed Carrots	10 Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side Ham & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Black Beans	11 Chicken Mashed Potato Bowl w/ WG Dinner Rolls Turkey, Bacon & Cheese on WG Croissant FEATURED VEGGIE Steamed Corn	12 Penne Pasta w/ Breadstick Meat or Marinara Sauce Cowboy Burger on WG Bun FEATURED VEGGIE Steamed Green Beans	13 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) Pizza Burger on WG Bun FEATURED VEGGIE Steamed Broccoli	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry 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 PIZZA WG Cheese Pizza (V) WG Pepperoni Pizza SALAD BAR Made to Order Salad Bar Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese SANDWICHES (COLD) WG Uncrustable PBJ (V) WG Crispy Chicken Wrap WG Buffalo Chicken Wrap WG Italian Hoagie
16 WG French Toast Sticks w/ Sausage Patties BBQ Ribby on WG Bun FEATURED VEGGIE Honey Glazed Carrots	17 Beef & Cheese Burrito on WG Tortilla Shell Salsa & Sour Cream on Side WG Corn Dog FEATURED VEGGIE Steamed Corn	18 WG Chicken Tenders w/ WG Rolls Chicken Bacon Ranch Wrap FEATURED VEGGIE Mashed Potatoes w/ Gravy	19 Macaroni & Cheese w/ Breadstick (V) Pepperoni & Cheese on WG Hoagie Bun FEATURED VEGGIE Steamed Mixed Vegetables	20 WG Pepperoni Roll w/ Pizza Dipping Sauce Italian Hoagie on WG Bun FEATURED VEGGIE Steamed Broccoli/ Chickpea Salad	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					SANDWICHES (COLD) WG Uncrustable PBJ (V) WG Crispy Chicken Wrap WG Buffalo Chicken Wrap WG Italian Hoagie (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
23 WG Chicken Nuggets w/ WG Dinner Rolls Meatball Hoagie on WG Bun FEATURED VEGGIE Baked Beans	24 Beef Walking Taco w/ WG Tortilla Chips Salsa & Sour Cream on Side Turkey, Bacon & Cheese on WG Bagel FEATURED VEGGIE Steamed Corn	25 WG Chicken Dumplings w/ WG Fried Rice Bacon Cheese Burger on WG Bun FEATURED VEGGIE Asian Vegetable Blend	26 Penne Pasta w/ Breadstick Meat or Marinara Sauce Ham & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Green Beans	27 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) Steak & Cheese Hoagie on WG Bun FEATURED VEGGIE Steamed Broccoli	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal
30 Popcorn Chicken w/ WG Pretzel Sticks Chicken Parmesan Sandwich on WG Bun FEATURED VEGGIE Steamed Carrots	NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com Today to Apply!				
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.

