


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 WG Cheese Ravioli w/ Sauce & WG Breadstick (V) FEATURED VEGGIE Steamed Green Beans	4 Toasted Cheese Sandwich On Texas Toast (V) FEATURED VEGGIE Tomato Soup	5 WG Chicken Dumplings w/ WG Fried Rice Dipping Sauces: Chili, Sesame, Soy, Teriyaki FEATURED VEGGIE Steamed Broccoli	6 BBQ Ribby On Whole Grain Bun FEATURED VEGGIE Baked Beans	
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 Beef & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Black Beans	10 Penne Pasta w/ Breadstick Meat or Marinara Sauce FEATURED VEGGIE Steamed Green Beans	11 Buffalo Chicken & Cheese Hoagie On WG Hoagie Bun Lettuce, Tomato, Onion FEATURED VEGGIE Oven Fries	12 Chicken Mashed Potato Bowl w/ WG Dinner Rolls FEATURED VEGGIE Steamed Corn	13 WG Potato & Cheddar Mini Pierogi w/ WG Breadstick (V) FEATURED VEGGIE Steamed Carrots	
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 Spicy Black Bean Burger on WG Bun (V)
16 Beef & Cheese Burrito On WG Tortilla Shell Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	17 WG Cheese Lasagna Roll Up w/ Sauce & WG Breadstick (V) FEATURED VEGGIE Steamed Broccoli	18 Meatball Hoagie On WG Hoagie Bun FEATURED VEGGIES Oven Fries/ Chickpea Salad	19 Macaroni & Cheese w/ Breadstick (V) FEATURED VEGGIE Steamed Green Beans	20 Fajita Chicken & Cheese Quesadilla on WG Tortilla Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Black Bean & Corn Blend	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					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)
23 Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	24 Penne Pasta w/ Breadstick Meat or Marinara Sauce FEATURED VEGGIE Steamed Green Beans	25 Italian Hoagie On WG Hoagie Bun FEATURED VEGGIES Oven Fries/ Chickpea Salad	26 Sweet Chili Asian Chicken Sandwich On WG Bun FEATURED VEGGIE Steamed Broccoli	27 Street Eats Wacky Waffles Sausage, Egg & Cheese Maple Waffle Flatbread Sandwich FEATURED VEGGIE Potato Triangles	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal (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
30 Doritos Walking Taco w/ Beef, Cheese & WG Nacho Cheese Doritos Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	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.

