



Meet Your Nutritious Friend:
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>NOW HIRING Part Time & Substitute Positions</p> <p>Email: ma1052@metzcorp.com</p>	<p>1 Beef Walking Taco w/ WG Tortilla Chips Salsa & Sour Cream on Side</p> <p>FEATURED VEGGIES Steamed Golden Corn</p>	<p>2 General Tso's Chicken w/ Brown Rice</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>3 BBQ Ribby on a WG Bun</p> <p>FEATURED VEGGIES Baked Beans</p>	<p>4 Whole Grain French Bread Pizza (V)</p> <p>FEATURED VEGGIES Steamed Green Peas</p>	<p>What is a Meal? 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> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates #2 WG Uncrustable PBJ w/ Cheese Stick & WG Roll (V) #3 Talbot Salad – Ham & Cheese Cups w/ WG Rolls #4 Chicken Tenders w/ WG Rolls</p> <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>
<p>7 WG French Toast Sticks with Sausage Patties</p> <p>FEATURED VEGGIES Steamed Carrots</p>	<p>8 Hot Ham & Cheese on a Pretzel Roll</p> <p>FEATURED VEGGIES Steamed Golden Corn</p>	<p>9 Penne Pasta w/ Meatballs Marinara Sauce & Breadstick</p> <p>FEATURED VEGGIES Steamed Green Beans</p>	<p>10 WG Mini Corn Dogs</p> <p>FEATURED VEGGIES Baked Beans</p>	<p>11 WG Cheese Pizza Sticks with Dipping Sauce (V)</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	
<p>14 Columbus Day NO SCHOOL</p>	<p>15 *Lucky Tray Day* Beef Nachos Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side</p> <p>FEATURED VEGGIES Steamed Golden Corn</p>	<p>16 *Lucky Tray Day* Chicken Mashed Potato Bowl w/ WG Dinner Roll</p> <p>FEATURED VEGGIES Steamed Green Beans</p>	<p>17 *Lucky Tray Day* Cheeseburger on a WG Bun</p> <p>FEATURED VEGGIES Wedge Fries Chickpea Salad</p>	<p>18 *Lucky Tray Day* WG Big Daddy's Cheese Pizza (V)</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	
<p>21 WG Mini Pancakes with Sausage Patties</p> <p>FEATURED VEGGIES Steamed Carrots</p>	<p>22 Hot Dog on a WG Bun</p> <p>FEATURED VEGGIES Baked Beans</p>	<p>23 Mac & Cheese w/ Breadstick (V)</p> <p>FEATURED VEGGIES Steamed Green Peas</p>	<p>24 Chicken Patty on a WG Bun</p> <p>FEATURED VEGGIES Curly Fries</p>	<p>25 WG Stuffed Crust Pizza (V)</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	
<p>28 Toasted Cheese Sandwich (V)</p> <p>FEATURED VEGGIES Tomato Soup</p>	<p>29 Fajita Chicken & Cheese Soft Tacos on WG Tortillas Salsa & Sour Cream on Side</p> <p>FEATURED VEGGIES Steamed Golden Corn</p>	<p>30 WG Mini Potato & Cheese Pierogi w/ WG Garlic Toast (V)</p> <p>FEATURED VEGGIES Steamed Green Beans</p>	<p>31 Meatball Hoagie on a WG Hoagie Bun Special Treat: Pumpkin Pressed Sugar Cookie</p> <p>FEATURED VEGGIES Steamed Green Peas Chickpea Salad</p>	<p>Celebrate National School Lunch Week School Lunch Pirates Find Your Treasure Lucky Tray Days October 15-18 #NSLW24</p>	

Your Team
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Meal Prices
Student Lunch \$2.50
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.