


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.
NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com	1 Fajita Chicken & Cheese Quesadilla On WG Tortilla Salsa & Sour Cream on Side WG Corn Dog FEATURED VEGGIES Steamed Corn	2 Chicken Nuggets w/ Buttered Noodles Bacon Cheese Burger on WG Bun FEATURED VEGGIES Steamed Green Peas	3 WG Lasagna Roll Up w/ Sauce & WG Breadstick (V) Italian Hoagie on WG Bun FEATURED VEGGIE Steamed Green Beans	4 WG Pepperoni Roll w/ Pizza Dipping Sauce Turkey, Bacon & Cheese on WG Pretzel Bun FEATURED VEGGIES Steamed Broccoli Chickpea Salad	
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
7 Street Eats WG Mini Corn Dogs w/ WG Dutch Waffle BBQ Chicken, Cheddar & Bacon Wrap FEATURED VEGGIE Baked Beans	8 Walking Taco Beef & Cheese w/ WG Nacho Cheese Doritos Salsa & Sour Cream on Side Ham & Cheese on WG Croissant FEATURED VEGGIE Steamed Corn	9 General Tso's Chicken w/ Brown Rice Steak & Cheese Hoagie on WG Bun FEATURED VEGGIE Steamed Broccoli	10 Penne Pasta w/ Breadstick Meat or Marinara Sauce Chicken Parmesan Sandwich on WG Bun FEATURED VEGGIES Steamed Green Beans	11 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) BBQ Grilled Chicken on WG Bun FEATURED VEGGIE Steamed Mixed Vegetables	
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
14 <div style="border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> Columbus Day NO SCHOOL </div> Lucky Tray Days October 15-18 #NSLW24	15 Chicken & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side Turkey & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Corn	16 Toasted Cheese Sandwich On Texas Toast (V) Beef Hot Dog on WG Bun FEATURED VEGGIE Tomato Soup	17 WG Cheese Ravioli w/ Sauce & WG Breadstick (V) Buffalo Chicken on WG Flatbread FEATURED VEGGIE Steamed Green Beans	18 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					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
21 WG French Toast Sticks w/ Sausage Patties BBQ Ribby on WG Bun FEATURED VEGGIE Honey Glazed Carrots	22 Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side Ham & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Black Beans	23 Chicken Mashed Potato Bowl w/ WG Dinner Rolls Turkey, Bacon & Cheese on WG Croissant FEATURED VEGGIE Steamed Corn	24 Penne Pasta w/ Breadstick Meat or Marinara Sauce Cowboy Burger on WG Bun FEATURED VEGGIE Steamed Green Beans	25 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					(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
28 WG Potato & Cheddar Pierogi w/ WG Roll (V) Meatball Hoagie on WG Bun FEATURED VEGGIE Steamed Carrots	29 Beef & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side Steak & Cheddar on WG Flatbread FEATURED VEGGIE Steamed Corn	30 WG Chicken Tenders w/ WG Rolls Chicken Bacon Ranch on WG Wrap FEATURED VEGGIE Mashed Potatoes w/ Gravy	31 Macaroni & Cheese w/ Breadstick (V) Pepperoni & Cheese on WG Hoagie Bun FEATURED VEGGIE Steamed Mixed Vegetables	Celebrate National School Lunch Week School Lunch Pirates Find Your Treasure Lucky Tray Days October 15-18 #NSLW24	
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.

