


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<b>What is a Meal?</b> 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.
<b>NOW HIRING</b>  <b>Part Time &amp; Substitute Positions</b>  Email: <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a>	Pasta Bar Rotini Noodles, Diced Chicken or Meatballs, Alfredo or Spaghetti Sauce w/ Garlic Toast  <b>FEATURED VEGGIES</b> Steamed Green Beans	Steak & Cheese Hoagie On WG Hoagie Bun Lettuce, Tomato, Onion  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	Chicken Nuggets w/ Buttered Noodles  <b>FEATURED VEGGIES</b> Cheesy Carrot Casserole Broccoli Salad	<b>Street Eats</b>  Mini Corn Dogs w/ Dutch Waffle  <b>FEATURED VEGGIES</b> Curly Fries	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry  <b>Daily Alternates</b> <b>GRILL</b> 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)  <b>PIZZA</b> WG Cheese Pizza (V) WG Pepperoni Pizza  <b>SALAD BAR</b> Made to Order Salad Bar Protein: Grilled Chicken, Black Beans, Chickpeas or Cheese  <b>SANDWICH</b> WG Uncrustable PBJ w/ Cheese Stick & WG Pretzels (V)
Beef & Cheese Burrito On WG Tortilla Shell Salsa & Sour Cream on Side  <b>FEATURED VEGGIES</b> Black Bean & Corn Blend	Penne Pasta w/ Breadstick Meat or Marinara Sauce (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Diced Tomato & Cucumber	Buffalo Chicken & Cheese Hoagie On WG Hoagie Bun Lettuce, Tomato, Onion  <b>FEATURED VEGGIES</b> Oven Fries	General Tso's Chicken w/ Brown Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli	WG French Toast Sticks w/ Sausage Patties & Maple Syrup  <b>FEATURED VEGGIES</b> Triangle Hash Browns	
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<b>Columbus Day</b>  <b>NO SCHOOL</b>  Lucky Tray Days October 15-18 #NSLW24	Chicken Parmesan WG Spaghetti Noodles w/ Sauce & WG Garlic Knot  <b>FEATURED VEGGIES</b> Steamed Green Beans Caesar Salad	Meatball Hoagie On WG Hoagie Bun  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	Chicken Mashed Potato Bowl w/ WG Dinner Rolls  <b>FEATURED VEGGIES</b> Steamed Golden Corn	WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V)  <b>FEATURED VEGGIES</b> Steamed Carrots Broccoli Salad	
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Fajita Chicken & Cheese Quesadilla on WG Tortilla Salsa & Sour Cream on Side  <b>FEATURED VEGGIES</b> Steamed Golden Corn	WG Penne Pasta w/ WG Breadstick Meat or Marinara Sauce (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans	Toasted Cheese Sandwich On Texas Toast (V)  <b>FEATURED VEGGIES</b> Tomato Soup	Smokey Mountain Chicken Sandwich Ham, Bacon, & Provolone On Whole Grain Bun  <b>FEATURED VEGGIES</b> BBQ Baked Beans	Chicken Tenders w/ WG Waffles & Maple Syrup  <b>FEATURED VEGGIES</b> Oven Baked Tater Tots	
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Buffalo Chicken Dip Over WG Tortilla Chips  <b>FEATURED VEGGIES</b> Steamed Golden Corn	WG Cheese Ravioli w/ Sauce & WG Breadstick (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Caesar Salad	Italian Hoagie On WG Hoagie Bun  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	Sweet Chili Asian Chicken Sandwich On WG Bun  <b>FEATURED VEGGIES</b> Asian Vegetable Blend	Celebrate National School Lunch Week  <b>School Lunch Pirates Find Your Treasure</b>  Lucky Tray Days October 15-18 #NSLW24	
<b>Your Team</b>  Jenna Ossler, General Manager 412.492.6390 <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a>	<b>Meal Prices</b>  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.

