



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>NOW HIRING</b></p> <p><b>Part Time &amp; Substitute Positions</b></p> <p>Email: ma1052@metzcorp.com</p>		<p>Reminder: <b>Breakfast is Free for All Students!</b></p> <p>Must Select a Complete Reimbursable Meal</p>		<p><b>Professional Development</b></p> <p><b>NO SCHOOL</b></p>	<p><b>What is a Meal?</b></p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b></p> <p>#2 WG Uncrustable PBJ w/ Cheese Stick &amp; WG Roll (V)</p> <p>#3 Talbot Salad – Ham &amp; Cheese Cups w/ WG Rolls</p> <p>#4 Chicken Tenders w/ WG Rolls</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
4	5	6	7	8	
WG French Toast Sticks with Sausage Patties	Beef Walking Taco w/ WG Tortilla Chips Salsa & Sour Cream on Side	General Tso's Chicken w/ Brown Rice	Corn Dog on a Stick	<p><b>Parent Teacher Conferences</b></p> <p><b>NO SCHOOL</b></p> <p><i>Elementary Only</i></p>	
<b>FEATURED VEGGIE</b> Steamed Carrots	<b>FEATURED VEGGIE</b> Steamed Corn	<b>FEATURED VEGGIE</b> Steamed Broccoli	<b>FEATURED VEGGIE</b> Baked Beans		
11	12	13	14	15	
Yogurt Parfait w/ Cheese Stick & WG Goldfish Cracker & Belly Bears (V)	Hot Ham & Cheese on a Pretzel Roll	Penne Pasta w/ Breadstick Meat or Marinara Sauce	BBQ Ribby on WG Bun	WG Cheese Pizza Sticks with Dipping Sauce (V)	
<b>FEATURED VEGGIE</b> Honey Glazed Carrots	<b>FEATURED VEGGIE</b> Oven Baked Crinkle Fries	<b>FEATURED VEGGIE</b> Steamed Green Beans	<b>FEATURED VEGGIE</b> Baked Beans	<b>FEATURED VEGGIE</b> Steamed Broccoli	
18	19	20	21	22	
Toasted Cheese Sandwich (V)	Beef Nachos Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side	Chicken Mashed Potato Bowl w/ WG Dinner Roll	WG Mini Corn Dogs	WG Big Daddy's Cheese Pizza (V)	
<b>FEATURED VEGGIE</b> Tomato Soup	<b>FEATURED VEGGIE</b> Steamed Black Beans	<b>FEATURED VEGGIE</b> Steamed Corn	<b>FEATURED VEGGIE</b> Oven Baked Crinkle Fries	<b>FEATURED VEGGIE</b> Steamed Broccoli	
25	26	27	28	29	
WG Mini Pancakes with Sausage Patties	<p><b>Thanksgiving Feast</b> Roasted Turkey, Stuffing, WG Rolls</p> <p>Treat: Sugar Cookie</p>	WG French Bread Pizza (V)	<p><b>Thanksgiving Break</b></p> <p><b>NO SCHOOL</b></p>	<p><b>Thanksgiving Break</b></p> <p><b>NO SCHOOL</b></p>	
<b>FEATURED VEGGIE</b> Steamed Carrots	<b>FEATURED VEGGIES</b> Mashed Potatoes w/ Gravy Apple Cranberry Coleslaw	<b>FEATURED VEGGIE</b> Steamed Broccoli			
<p><b>Your Team</b></p> <p>Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com</p>			<p><b>Meal Prices</b></p> <p>Student Lunch \$2.50 Reduced Lunch \$0.00 Faculty Lunch \$4.00</p>		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

