


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> You 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>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  <b>PIZZA</b> WG Cheese Pizza (V) WG Pepperoni Pizza  <b>SALAD BAR</b> Made to Order Salad Bar Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese  <b>SANDWICHES (COLD)</b> WG Uncrustable PBJ (V) WG Crispy Chicken Wrap WG Buffalo Chicken Wrap WG Italian Hoagie  (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  (VG) Vegan <i>These items do not contain any animal products</i>
<b>NOW HIRING</b> <b>Part Time &amp; Substitute Positions</b>  Email: ma1052@metzcorp.com				Reminder: <b>Breakfast is Free for All Students!</b>  Must Select a Complete Reimbursable Meal	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
Buffalo Chicken Dip Over WG Tortilla Chips  WG Corn Dog  <b>FEATURED VEGGIE</b> Steamed Corn	Fajita Chicken & Cheese Quesadilla On WG Tortilla Salsa & Sour Cream on Side  Steak & Cheese on WG Pretzel Bun  <b>FEATURED VEGGIE</b> Steamed Black Beans	Chicken Nuggets w/ Buttered Noodles  Bacon Cheese Burger on WG Bun  <b>FEATURED VEGGIE</b> Steamed Green Peas	WG Stuffed Shells w/ Sauce & WG Breadstick (V)  Italian Hoagie on WG Bun  <b>FEATURED VEGGIE</b> Steamed Green Beans	WG Pepperoni Roll w/ Pizza Dipping Sauce  Turkey, Bacon & Cheese on WG Pretzel Bun  <b>FEATURED VEGGIE</b> Steamed Broccoli	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
<b>Street Eats</b> Popcorn Chicken w/ WG Pretzel Rods  Buffalo Chicken on WG Flatbread  <b>FEATURED VEGGIE</b> Steamed Carrots	Walking Taco Beef & Cheese w/ WG Nacho Cheese Doritos Salsa & Sour Cream on Side  Ham & Cheese on WG Croissant  <b>FEATURED VEGGIE</b> Steamed Corn	General Tso's Chicken w/ Brown Rice  Steak & Cheese Hoagie on WG Bun  <b>FEATURED VEGGIE</b> Steamed Broccoli	Penne Pasta w/ Breadstick Meat or Marinara Sauce  Chicken Parmesan Sandwich on WG Bun  <b>FEATURED VEGGIE</b> Steamed Green Beans	WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V)  BBQ Grilled Chicken on WG Bun  <b>FEATURED VEGGIE</b> Steamed Mixed Vegetables	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
WG Mini Corn Dogs  BBQ Chicken, Cheddar & Bacon Wrap  <b>FEATURED VEGGIE</b> Baked Beans	Chicken & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side  Turkey & Cheese on WG Pretzel Bun  <b>FEATURED VEGGIE</b> Steamed Corn	WG Chicken Tenders w/ WG Rolls  Pizza Burger on WG Bun  <b>FEATURED VEGGIE</b> Steamed Carrots	<b>Thanksgiving Feast</b> Roasted Turkey, Stuffing, WG Rolls, Cranberry Sauce  Treat: Apple or Pumpkin Pie  <b>FEATURED VEGGIE</b> Mashed Potatoes w/ Gravy Steamed Corn	WG Pepperoni Roll w/ Pizza Dipping Sauce  Grilled Chicken & Bacon on WG Bun  <b>FEATURED VEGGIE</b> Steamed Broccoli	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
WG French Toast Sticks w/ Sausage Patties  BBQ Ribby on WG Bun  <b>FEATURED VEGGIE</b> Oven Baked Tater Tots	Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side  Ham & Cheese on WG Pretzel Bun  <b>FEATURED VEGGIE</b> Steamed Black Beans	Toasted Cheese Sandwich On Texas Toast (V)  Beef Hot Dog on WG Bun  <b>FEATURED VEGGIE</b> Tomato Soup	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Thanksgiving Break</b>  <b>NO SCHOOL</b> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Thanksgiving Break</b>  <b>NO SCHOOL</b> </div>	
<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 Breakfast \$2.80 Reduced Breakfast \$0.00 Faculty Breakfast \$4.00			

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

