



Meet Your Nutritious Friend:
You "Tuber"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
2 Thanksgiving Break NO SCHOOL	3 Hot Dog on a WG Bun FEATURED VEGGIE Baked Beans	4 Mac & Cheese w/ Breadstick (V) FEATURED VEGGIE Steamed Green Peas	5 Cheeseburger on a WG Bun FEATURED VEGGIE Oven Baked Wedge Fries	6 WG Cheese Pizza Sticks with Dipping Sauce (V) FEATURED VEGGIE Steamed Broccoli	What is a Meal? 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. 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 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 (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	
9 WG French Toast Sticks with Sausage Patties FEATURED VEGGIE Steamed Carrots	10 Fajita Chicken & Cheese Soft Tacos on WG Tortillas Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	11 WG Cheese Lasagna w/ Breadstick (V) FEATURED VEGGIES Steamed Green Beans Chickpea Salad	12 Chicken Patty on a WG Bun FEATURED VEGGIE Oven Baked Curly Fries	13 WG Big Daddy's® Cheese Pizza (V) FEATURED VEGGIE Steamed Broccoli		
16 Toasted Cheese Sandwich (V) FEATURED VEGGIE Tomato Soup	17 Beef Walking Taco w/ WG Nacho Cheese Doritos® Tortilla Chips Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Black Beans	18 WG Mini Potato & Cheese Pierogi w/ WG Garlic Toast (V) FEATURED VEGGIE Steamed Green Beans	19 Meatball Hoagie on a WG Hoagie Bun FEATURED VEGGIES Steamed Green Peas	20 WG Stuffed Crust Cheese Pizza (V) FEATURED VEGGIE Steamed Broccoli <i>Treat:</i> Sugar Cookie		
23 Winter Break NO SCHOOL	24 Winter Break NO SCHOOL	25 Winter Break NO SCHOOL	26 Winter Break NO SCHOOL	27 Winter Break NO SCHOOL		
30 Winter Break NO SCHOOL	31 Winter Break NO SCHOOL	NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com				Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal

Your Team
 Jenna Ossler, General Manager
 412.492.6390
ma1052@metzcorp.com

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.