


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.
2 <b>Thanksgiving Break</b> <b>NO SCHOOL</b>	3 WG Cheese Ravioli w/ Sauce & WG Breadstick (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Caesar Salad	4 BBQ Grilled Chicken Breast w/ American Cheese, Bacon On Whole Grain Bun  <b>FEATURED VEGGIE</b> Oven Fries	5 Sweet Chili Asian Chicken Sandwich On WG Bun  <b>FEATURED VEGGIES</b> Asian Vegetable Blend	6 Whole Grain Mini Corn Dogs  <b>FEATURED VEGGIES</b> Baked Beans	
<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)
9 Doritos Walking Taco w/ Beef, Cheese & WG Nacho Cheese Doritos Salsa & Sour Cream on Side  <b>FEATURED VEGGIE</b> Steamed Corn	10 Penne Pasta w/ Breadstick Meat or Marinara Sauce (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Diced Tomato & Cucumber	11 Steak & Cheese Hoagie On WG Hoagie Bun Lettuce, Tomato, Onion  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	12 General Tso's Chicken w/ Brown Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli	13 Toasted Cheese Sandwich On Texas Toast (V)  <b>FEATURED VEGGIE</b> Tomato Soup	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<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)
16 WG French Toast Sticks w/ Sausage Patties & Maple Syrup  <b>FEATURED VEGGIE</b> Triangle Hash Browns	17 Pasta Bar Rotini Noodles, Chicken or Meatballs, Alfredo or Spaghetti Sauce w/ Garlic Toast  <b>FEATURED VEGGIES</b> Steamed Green Beans Caesar Salad	18 Italian Hoagie On WG Hoagie Bun  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	19 Chicken Mashed Potato Bowl w/ WG Dinner Rolls  <b>FEATURED VEGGIES</b> Steamed Corn	20 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V)  <b>FEATURED VEGGIES</b> Steamed Carrots Broccoli Salad	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<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)
23 <b>Winter Break</b> <b>NO SCHOOL</b>	24 <b>Winter Break</b> <b>NO SCHOOL</b>	25 <b>Winter Break</b> <b>NO SCHOOL</b>	26 <b>Winter Break</b> <b>NO SCHOOL</b>	27 <b>Winter Break</b> <b>NO SCHOOL</b>	
<b>Available Daily:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches					<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)
30 <b>Winter Break</b> <b>NO SCHOOL</b>	31 <b>Winter Break</b> <b>NO SCHOOL</b>	<b>NOW HIRING</b> <b>Part Time &amp; Substitute Positions</b>  Email: <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a>		Reminder: <b>Breakfast is Free for All Students!</b>  Must Select a Complete Reimbursable Meal	
<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.

