


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					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.
NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com	Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal	NO SCHOOL New Year's Day	Penne Pasta w/ Breadstick Meat or Marinara Sauce Cowboy Burger on WG Bun FEATURED VEGGIE Steamed Green Beans	WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) Pizza Burger on WG Bun FEATURED VEGGIES Steamed Broccoli/ Oven Fries	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					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
WG French Toast Sticks w/ Sausage Patties BBQ Ribby on WG Bun FEATURED VEGGIE Oven Baked Tater Tots	Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side Ham & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Black Beans	Chicken Mashed Potato Bowl w/ WG Dinner Rolls Turkey, Bacon & Cheese on WG Croissant FEATURED VEGGIE Steamed Corn	WG Cheese Ravioli w/ Sauce & WG Breadstick (V) Buffalo Chicken on WG Flatbread FEATURED VEGGIE Steamed Green Beans	WG Pepperoni Roll w/ Pizza Dipping Sauce Turkey, Bacon & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Broccoli	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry Daily Alternates GRILL 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 PIZZA WG Cheese Pizza (V) WG Pepperoni Pizza SALAD BAR Made to Order Salad Bar Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese SANDWICHES (COLD) WG Uncrustable PBJ (V) WG Crispy Chicken Wrap WG Buffalo Chicken Wrap WG Italian Hoagie
Chicken Nuggets w/ WG Buttered Noodles Bacon Cheese Burger on WG Bun FEATURED VEGGIE Steamed Green Peas	Fajita Chicken & Cheese Quesadilla On WG Tortilla Salsa & Sour Cream on Side Steak & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Corn	General Tso's Chicken w/ Brown Rice Steak & Cheese Hoagie on WG Bun FEATURED VEGGIE Steamed Broccoli	Penne Pasta w/ Breadstick Meat or Marinara Sauce Chicken Parmesan Sandwich on WG Bun FEATURED VEGGIE Steamed Green Beans	WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) BBQ Grilled Chicken on WG Bun FEATURED VEGGIES Baked Beans/ Oven Fries	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					PIZZA WG Cheese Pizza (V) WG Pepperoni Pizza SALAD BAR Made to Order Salad Bar Protein: Crispy Chicken, Grilled Chicken, Tuna or Cheese SANDWICHES (COLD) WG Uncrustable PBJ (V) WG Crispy Chicken Wrap WG Buffalo Chicken Wrap WG Italian Hoagie (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
NO SCHOOL Martin Luther King Jr. Day	Walking Taco Beef & Cheese w/ WG Nacho Cheese Doritos Salsa & Sour Cream on Side Ham & Cheese on WG Croissant FEATURED VEGGIE Steamed Corn	Toasted Cheese Sandwich On Texas Toast (V) Beef Hot Dog on WG Bun FEATURED VEGGIE Tomato Soup	WG Stuffed Shells w/ Sauce & WG Breadstick (V) Italian Hoagie on WG Bun FEATURED VEGGIE Steamed Green Beans	WG Pepperoni Roll w/ Pizza Dipping Sauce Grilled Chicken & Bacon on WG Bun FEATURED VEGGIE Steamed Broccoli	
Available Daily: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					(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
WG Mini Corn Dogs BBQ Chicken, Cheddar & Bacon Wrap FEATURED VEGGIES Baked Beans/ Oven Fries	Chicken & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side Turkey & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Corn	WG Chicken Tenders w/ WG Rolls Chicken Bacon Ranch on WG Wrap FEATURED VEGGIE Mashed Potatoes w/ Gravy	Penne Pasta w/ Breadstick Meat or Marinara Sauce Meatball Hoagie on WG Bun FEATURED VEGGIE Steamed Green Beans	WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) Pepperoni & Cheese Hoagie on WG Bun FEATURED VEGGIES Steamed Broccoli/ Oven Fries	
Your Team Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com			Meal Prices 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.

