


| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
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| 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. |
| 3 WG French Toast Sticks w/ Sausage Patties BBQ Ribby on WG Bun FEATURED VEGGIE Oven Baked Tater Tots | 4 Beef Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side Ham & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Black Beans | 5 Chicken Mashed Potato Bowl w/ WG Dinner Rolls Steak & Cheese Hoagie on WG Bun FEATURED VEGGIE Steamed Corn | 6 WG Cheese Ravioli w/ Sauce & WG Breadstick (V) Buffalo Chicken on WG Flatbread FEATURED VEGGIE Steamed Green Beans | 7 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 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 |
| 10 Chicken Nuggets w/ WG Buttered Noodles Bacon Cheese Burger on WG Bun FEATURED VEGGIE Steamed Green Peas | 11 Walking Taco Beef & Cheese w/ WG Nacho Cheese Doritos Salsa & Sour Cream on Side Steak & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Corn | 12 General Tso's Chicken w/ Brown Rice WG Corn Dog FEATURED VEGGIE Steamed Broccoli | 13 Penne Pasta w/ Breadstick Meat or Marinara Sauce Chicken Parmesan Sandwich on WG Bun FEATURED VEGGIE Steamed Green Beans | 14 NO SCHOOL Professional Development | |
| 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 |
| 17 NO SCHOOL President's Day | 18 Walking Taco Beef & Cheese w/ WG Tortilla Chips Salsa & Sour Cream on Side Ham & Cheese on WG Croissant FEATURED VEGGIE Steamed Corn | 19 Toasted Cheese Sandwich On Texas Toast (V) Beef Hot Dog on WG Bun FEATURED VEGGIE Tomato Soup | 20 WG Stuffed Shells w/ Sauce & WG Breadstick (V) Italian Hoagie on WG Bun FEATURED VEGGIE Steamed Green Beans | 21 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 |
| 24 WG Mini Corn Dogs BBQ Chicken, Cheddar & Bacon Wrap FEATURED VEGGIES Baked Beans/ Oven Fries | 25 Beef & Cheese Soft Tacos On WG Tortillas Salsa & Sour Cream on Side Turkey & Cheese on WG Pretzel Bun FEATURED VEGGIE Steamed Corn | 26 WG Chicken Tenders w/ WG Rolls Chicken Bacon Ranch on WG Wrap FEATURED VEGGIE Mashed Potatoes w/ Gravy | 27 Penne Pasta w/ Breadstick Meat or Marinara Sauce Meatball Hoagie on WG Bun FEATURED VEGGIE Steamed Green Beans | 28 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce (V) Pepperoni & Cheese Hoagie on WG Bun FEATURED VEGGIES Steamed Broccoli/ Oven Fries | |
| 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 \$2.80 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.

