

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.
3 WG Chicken Dumplings w/ Fried Rice/ Brown Rice FEATURED VEGGIE Asian Vegetable Blend	4 Chicken Mashed Potato Bowl w/ WG Dinner Roll FEATURED VEGGIE Steamed Corn	5 Steak & Cheese Hoagie On WG Hoagie Bun FEATURED VEGGIE Oven Fries	6 BBQ Grilled Chicken Breast w/ American Cheese & Bacon On Whole Grain Bun FEATURED VEGGIE Baked Beans	7 WG Cheese Pizza Sticks w/ Pizza Dipping Sauce Mozzarella Cheese Sticks w/ Pizza Dipping Sauce 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 Mini Corn Dogs BBQ Ribby on WG Bun FEATURED VEGGIE Baked Beans	11 WG Cheese Ravioli w/ Sauce & Garlic Toast or Breadstick WG Cheese Lasagna w/ Sauce & Breadstick FEATURED VEGGIE Steamed Broccoli	12 Buffalo Chicken & Cheese Hoagie On WG Hoagie Bun FEATURED VEGGIE Oven Fries	13 Beef & Cheese Nacho Grande w/ WG Tortilla Chips Salsa & Sour Cream on Side FEATURED VEGGIE Steamed Corn	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 Spicy Black Bean Burger on WG Bun (V)
17 NO SCHOOL President's Day	18 Pasta Bar Rotini Noodles, Chicken or Meatballs, Alfredo or Spaghetti Sauce w/ Breadstick FEATURED VEGGIE Steamed Broccoli	19 Toasted Cheese Sandwich On Texas Toast (V) FEATURED VEGGIE Tomato Soup	20 WG French Toast Sticks w/ Sausage Patties & Maple Syrup FEATURED VEGGIE Triangle Hash Browns	21 Sweet Chili Asian Chicken Sandwich On WG Bun FEATURED VEGGIES Asian Vegetable Blend	
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: Grilled Chicken, Black Beans, Chickpeas or Cheese SANDWICH WG Uncrustable PBJ w/ Cheese Stick & WG Pretzels (V)
24 Fajita Chicken & Cheese Quesadilla on WG Tortilla Salsa & Sour Cream on Side FEATURED VEGGIES Steamed Golden Corn	25 Penne Pasta w/ Breadstick Meat or Marinara Sauce (V) FEATURED VEGGIE Steamed Broccoli	26 Whole Grain Corn Dog FEATURED VEGGIE Oven Fries	27 Smokey Mountain Chicken Sandwich Ham, Bacon, & Provolone On Whole Grain Bun FEATURED VEGGIES BBQ Baked Beans	28 WG Potato & Cheddar Mini Pierogi w/ WG Dinner Roll (V) FEATURED VEGGIE Steamed Carrots	
NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com		Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal			(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
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.

