



Meet Your Nutritious Friend:  
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken & Mashed Potato Bowl with Roll	Beef & Cheese Quesadilla Salsa & Sour Cream	Mini Maple Pancakes w/ Sausage	Cheese Lasagna with Garlic Breadstick (V)	Big Daddy Cheese Pizza (V)
<b>FEATURED VEGGIES</b> Steamed Corn	<b>FEATURED VEGGIES</b> Refried Beans	<b>FEATURED VEGGIES</b> Tater Tots	<b>FEATURED VEGGIES</b> Steamed Green Beans	<b>FEATURED VEGGIES</b> Steamed Broccoli
9	10	11	12	13
Italian Meatballs & Cheese on a Roll	Walking Taco Beef w/ Nacho Cheese Tortilla Chips Salsa & Sour Cream	Hot Dog on a Roll	Toasted Cheese Sandwich (V)	<b>No School</b>
<b>FEATURED VEGGIES</b> Steamed Broccoli	<b>FEATURED VEGGIES</b> Steamed Corn	<b>FEATURED VEGGIES</b> Baked Beans	<b>FEATURED VEGGIES</b> Tomato Soup	<b>Professional Development</b>
16	17	18	19	20
<b>No School</b>	Chicken & Cheese Quesadilla	WG Fish Sticks w/ WG Dinner Roll	Hot Ham & Cheese on a Pretzel Roll	Cheese Pizza Crunchers with Dipping Sauce (V)
<b>President's Day</b>	<b>FEATURED VEGGIES</b> Steamed Corn	<b>FEATURED VEGGIES</b> Steamed Broccoli	<b>FEATURED VEGGIES</b> Baked Beans	<b>FEATURED VEGGIES</b> Steamed Carrots
23	24	25	26	27
Toasted Cheese Sandwich (V)	Beef Soft Tacos Salsa & Sour Cream	Cheeseburger on a Bun	Corn Dog	Big Daddy Cheese Pizza (V)
<b>FEATURED VEGGIES</b> Tomato Soup	<b>FEATURED VEGGIES</b> Black Beans	<b>FEATURED VEGGIES</b> Glazed Carrots	<b>FEATURED VEGGIES</b> Curly Fries	<b>FEATURED VEGGIES</b> Steamed Broccoli
<b>Now Hiring</b> Part Time & Substitute Positions	<b>Breakfast is FREE for ALL Students</b>			
Email: tess.diehl@metzcorp.com	Join us in the cafeteria upon arriving at school.			

### What is a Meal?

Students 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, fat-free chocolate, fat-free vanilla, fat-free strawberry

### Daily Alternates

#2 Uncrustable PBJ w/ Cheese Stick & WG Roll (V)

#3 Talbot Salad - Ham & Cheese Cups w/ Rolls

#4 Chicken Tenders w/ 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

### Your Team

Tess Diehl, General Manager  
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tess.diehl@metzcorp.com

### Meal Prices

Student Lunch \$2.60  
Reduced Lunch \$0.00  
Faculty Lunch \$4.00

Use QR Code for Menu Nutritional



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES