

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
2	3	4	5	6
General Tso's Chicken over White Rice Cowboy Burger	Beef Nachos Grande Seasoned Beef w/ Tortilla Chips Salsa & Sour Cream Asian Sesame Chicken Wrap	Popcorn Chicken Mashed Potato Bowl with Roll Fish Sandwich	Cheese Pizza Sticks with Pizza Dipping Sauce (V) BBQ Pulled Pork on Pretzel Bun	Cheesy Pizza Crunchers with Marinara Sauce (V) Bacon Cheeseburger
FEATURED VEGGIES Steamed Broccoli	FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Steamed Green Beans	FEATURED VEGGIES Glazed Carrots
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
9	10	11	12	13
Chicken Tenders with Dinner Roll Italian Meatball & Cheese on Toasted Baguette	Walking Taco Beef w/ Nacho Cheese Tortilla Chips Salsa & Sour Cream Crispy BBQ Chicken & Cheese Wrap	Country Fair Corn Dog Chicken Parmesan Sandwich	Cheese Ravioli w/ Sauce & Breadstick (V) Italian Hoagie	No School
FEATURED VEGGIES Steamed Green Beans	FEATURED VEGGIES Steamed Black Beans	FEATURED VEGGIES Chickpea Salad	FEATURED VEGGIES Steamed Broccoli	Professional Development
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
16	17	18	19	20
No School	Beef & Cheese Burrito Salsa & Sour Cream Pepperoni & Cheese on Pretzel Roll	Potato & Cheddar Mini Pierogies w/ Dinner Roll (V) BBQ Ribby on a Bun	Penne Pasta w/ Breadstick Meat or Marinara Sauce Philly Cheesesteak on Toasted Baguette	Cheesy Pizza Crunchers with Marinara Sauce (V) Fish Sandwich
President's Day	FEATURED VEGGIES Steamed Corn	FEATURED VEGGIES Oven Fries/ BBQ Baked Beans	FEATURED VEGGIES Steamed Green Beans	FEATURED VEGGIES Glazed Carrots
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
23	24	25	26	27
Chicken Nuggets with Buttered Noodles Chicken Cheddar Ranch Wrap	Beef Nachos Grande Seasoned Beef w/ Tortilla Chips Salsa & Sour Cream Beef & Cheddar Wrap	Mini Maple Pancakes w/ Sausage Bacon, Egg & Cheese English Muffin	Stuffed Shells with Sauce & Breadstick (V) BBQ Chicken & Cheese Wrap	Cheese Pizza Sticks with Pizza Dipping Sauce (V) Fish Sandwich
FEATURED VEGGIES Ranchero Carrots	FEATURED VEGGIES Black Beans	FEATURED VEGGIES Tater Tots	FEATURED VEGGIES Steamed Green Peas	FEATURED VEGGIES Caesar Salad
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				

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**
- 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

(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

Now Hiring
Part Time & Substitute Positions

Email: tess.diehl@metzcorp.com

Breakfast is FREE for ALL Students

Join us in the cafeteria upon arriving at school.

Your Team Tess Diehl, General Manager 412.492.6390 tess.diehl@metzcorp.com	Meal Prices Student Lunch \$2.90 Reduced Lunch \$0.00 Faculty Lunch \$4.00	Use QR Code for Menu Nutritional	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

