

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Offerings:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
2	3	4	5	6
Beef Nachos Grande Seasoned Bee w/ Tortilla Chips Salsa & Sour Cream	General Tso's Chicken over White Rice	Mini Corn Dogs	Cheesy Pizza Crunchers with Marinara Sauce (V)	Popcorn Chicken Mashed Potato Bowl with Roll
<b>FEATURED VEGGIES</b> Black Bean & Corn Blend	<b>FEATURED VEGGIES</b> Steamed Broccoli	<b>FEATURED VEGGIES</b> BBQ Baked Bean	<b>FEATURED VEGGIES</b> Glazed Carrots	<b>FEATURED VEGGIES</b> Steamed Corn
<b>Daily Offerings:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
9	10	11	12	13
Walking Taco Beef w/ Nacho Cheese Tortilla Chips Salsa & Sour Cream	Potato & Cheddar Mini Pierogies w/ Dinner Roll (V)	Italian Meatballs & Cheese on Toasted Baguette	Philly Cheesesteak on Toasted Baguette	<b>No School</b>
<b>FEATURED VEGGIES</b> Steamed Corn	<b>FEATURED VEGGIES</b> Chickpea Salad	<b>FEATURED VEGGIES</b> Green Beans	<b>FEATURED VEGGIES</b> Steamed Carrots	<b>Professional Development</b>
<b>Daily Offerings:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
16	17	18	19	20
<b>No School</b>	Cheese Ravioli with Marinara Sauce & Garlic Knot(V)	Classic Toasted Cheese Sandwich (V)	Breakfast for Lunch: Egg, Ham & Cheese Croissant	Macaroni and Cheese w/ Breadstick (V) Fish Sandwich
<b>President's Day</b>	<b>FEATURED VEGGIES</b> Steamed Broccoli	<b>FEATURED VEGGIES</b> Tomato Soup	<b>FEATURED VEGGIES</b> Tri Hash Brown	<b>FEATURED VEGGIES</b> Steamed Green Peas
<b>Daily Offerings:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
23	24	25	26	27
Beef Nachos Grande Seasoned Beef w/ Tortilla Chips Salsa & Sour Cream	Penne Pasta with Breadstick Meat or Marinara Sauce	BBQ Ribby on a Roll	Pepperoni & Cheese Calzone with Marinara	Cheese Pizza Sticks with Pizza Dipping Sauce (V) Fish Sandwich
<b>FEATURED VEGGIES</b> Steamed Corn	<b>FEATURED VEGGIES</b> Steamed Green Peas	<b>FEATURED VEGGIES</b> Baked Beans	<b>FEATURED VEGGIES</b> Caesar Salad	<b>FEATURED VEGGIES</b> Steamed Broccoli
<b>Daily Offerings:</b> Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
<b>Now Hiring</b> Part Time & Substitute Positions  Email: tess.diehl@metzcorp.com		<b>Breakfast is FREE for ALL Students</b> Join us in the cafeteria upon arriving at school.		
<b>Your Team</b> Tess Diehl, General Manager 412.492.6390 tess.diehl@metzcorp.com		<b>Meal Prices</b> Student Lunch \$2.90 Reduced Lunch \$0.00 Faculty Lunch \$4.00		Use QR Code for Menu Nutritional 

**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  
Spicy Black Bean Burger on WG Bun (V)  
**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)

(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*



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

