






Monday	Tuesday	Wednesday	Thursday	Friday	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 (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
		1 Country Fair Corn Dog BBQ Ribby on a Bun FEATURED VEGGIES Oven Fries/BBQ Baked Beans	2 	3 	
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
6 	7 Beef Nachos Grande Seasoned Beef w/ Tortilla Chips Salsa & Sour Cream Beef & Cheddar Wrap FEATURED VEGGIES Black Beans	8 Mini Maple Pancakes w/ Sausage Bacon, Egg & Cheese English Muffin FEATURED VEGGIES Tater Tots	9 Stuffed Shells with Sauce & Breadstick (V) BBQ Chicken & Cheese Wrap FEATURED VEGGIES Steamed Green Beans	10 Pepperoni & Cheese Calzone with Marinara Hot Turkey & Cheese on Pretzel Roll FEATURED VEGGIES Caesar Salad	
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
13 Chicken Nuggets with Buttered Noodles Chicken Cheddar Ranch Wrap FEATURED VEGGIES Ranchero Carrots	14 Walking Taco Beef w/ Nacho Cheese Tortilla Chips Salsa & Sour Cream BBQ Ribby Sandwich FEATURED VEGGIES Steamed Golden Corn	15 Mini Corn Dogs Buffalo Chicken Wrap FEATURED VEGGIES Oven Fries	16 Penne Pasta w/ Breadstick Meat or Marinara Sauce Grilled Chicken & Bacon Sandwich FEATURED VEGGIES Steamed Green Peas	17 Pepperoni & Cheese Calzone with Marinara Mini Corn Dogs FEATURED VEGGIES Steamed Broccoli	
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
20 French Toast Sticks w/ Sausage Patties Sausage, Egg & Cheese Croissant FEATURED VEGGIES Tri Hash Brown	21 Beef & Cheese Soft Tacos Salsa & Sour Cream French Toast & Sausage FEATURED VEGGIES Baked Beans	22 Toasted Cheese Sandwich (V) Hot Ham & Cheese on Pretzel Roll FEATURED VEGGIES Tomato Soup	23 Cheese Stuffed Shells w/ Sauce & Breadstick (V) Italian Hoagie FEATURED VEGGIES Steamed Broccoli	24 Cheesy Pizza Crunchers with Marinara Sauce (V) Bacon Cheeseburger FEATURED VEGGIES Glazed Carrots	
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches					
27 Crispy General Tso's Chicken over White Rice Cowboy Burger FEATURED VEGGIES Steamed Broccoli	28 Beef Nachos Grande Seasoned Beef w/ Tortilla Chips Salsa & Sour Cream Turkey, Bacon & Cheese Pretzel Bun FEATURED VEGGIES Steamed Corn	29 Popcorn Chicken Mashed Potato Bowl with Roll Hot Dog on a Bun FEATURED VEGGIES Steamed Corn	30 Penne Pasta w/ Breadstick Meat or Marinara Sauce Philly Cheesesteak on Hoagie FEATURED VEGGIES Steamed Green Beans		
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			

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

