

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
		1 Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup	2 NO SCHOOL FOR STUDENTS	3 NO SCHOOL FOR STUDENTS
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
6 NO SCHOOL FOR STUDENTS	7 Cheese Ravioli with Marinara Sauce & Garlic Knot (V) FEATURED VEGGIES Steamed Broccoli	8 Mini Corn Dogs FEATURED VEGGIES BBQ Baked Beans	9 Pepperoni & Cheese Calzone with Marinara FEATURED VEGGIES Steamed Green Beans	10 Cheese Pizza Sticks with Pizza Dipping Sauce (V) FEATURED VEGGIES Glazed Carrots
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
13 Chicken or Vegetable (V) Dumplings with Yakisoba Noodles FEATURED VEGGIES Steamed Broccoli	14 Penne Pasta with Breadstick Meat or Marinara Sauce FEATURED VEGGIES Steamed Golden Corn	15 Buffalo Chicken Hoagie FEATURED VEGGIES Steamed Corn	16 BBQ Ribby Sandwich FEATURED VEGGIES Steamed Green Peas	17 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Oven Fries
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
20 French Toast Sticks w/ Sausage Patties FEATURED VEGGIES Tater Tots	21 Chicken & Cheese Hoagie FEATURED VEGGIES Corn	22 Hot Ham & Cheese Ciabatta FEATURED VEGGIES Steamed Broccoli	23 Sweet Chili Asian Chicken Sandwich FEATURED VEGGIES Glazed Carrots	24 Cheesy Pizza Crunchers with Marinara Sauce (V) FEATURED VEGGIES Steamed Green Beans
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches				
27 Beef Burritos w/ Fried Rice FEATURED VEGGIES Steamed Corn	28 Penne Pasta with Breadstick Meat or Marinara Sauce FEATURED VEGGIES Green Peas	29 Bacon Cheeseburger FEATURED VEGGIES Crinkle Cut Oven Fires	30 General Tso's Chicken w/ Noodles FEATURED VEGGIES Asian Vegetables	
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 Nutritionals 

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



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

