



**BABY**



**Black Bean**

**Meet Your Nutritious Friend:  
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p>Chicken Tenders &amp; Rice</p> <p>PBJ Uncrustable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Carrot sticks</p>	<p><b>2</b></p> <p>Stuffed Crust Pizza</p> <p>PBJ Uncrustable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetables Red Pepper Strips</p>	<p><b>3</b></p> 
<p><b>6</b></p> 	<p><b>7</b></p> <p>Chicken Nuggets with a Roll</p> <p>Yogurt Craveable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Celery with Ranch</p>	<p><b>8</b></p> <p>Cheeseburger on a Bun</p> <p>Yogurt Craveable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad</p>	<p><b>9</b></p> <p>Corn Dog</p> <p>Yogurt Craveable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw</p>	<p><b>10</b></p> <p>French Bread Pizza</p> <p>Yogurt Craveable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Cauliflower</p>
<p><b>13</b></p> <p>Salisbury Steak with a Roll</p> <p>PBJ Uncrustable</p> <p>Chef Salad</p> <p><b>FEATURED VEGGIES</b> Au Gratin Potatoes Coleslaw</p>	<p><b>14</b></p> <p>Walking Taco</p> <p>PBJ Uncrustable</p> <p>Chef Salad</p> <p><b>FEATURED VEGGIES</b> Corn Tomato &amp; Onion Salad</p>	<p><b>15</b></p> <p>Hot Dog on a Bun</p> <p>PBJ Uncrustable</p> <p>Chef Salad</p> <p><b>FEATURED VEGGIES</b> Baked Beans Baby Carrots</p>	<p><b>16</b></p> <p>Pierogies with Pretzel Stick</p> <p>PBJ Uncrustable</p> <p>Chef Salad</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Side Salad</p>	<p><b>17</b></p> <p>Cheese Pizza</p> <p>PBJ Uncrustable</p> <p>Chef Salad</p> <p><b>FEATURED VEGGIES</b> Cherry Tomatoes Cucumber Slices</p>
<p><b>20</b></p> <p>Pork BBQ on a Roll</p> <p>Yogurt Craveable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Slices</p>	<p><b>21</b></p> <p>Chicken Nachos</p> <p>Yogurt Craveable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Refried Beans Steamed Corn</p>	<p><b>22</b></p> <p>French Toast Sticks With Sausage Links</p> <p>Yogurt Craveable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Hash Brown Patty Carrot Sticks</p>	<p><b>23</b></p> <p>Macaroni &amp; Cheese</p> <p>Yogurt Craveable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Stewed Tomatoes Coleslaw</p>	<p><b>24</b></p> <p>Stuffed Crust Pizza</p> <p>Yogurt Craveable</p> <p>Turkey &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Baby Carrots</p>
<p><b>27</b></p> <p>Popcorn Chicken With a Roll</p> <p>PBJ Uncrustable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots</p>	<p><b>28</b></p> <p>Pasta with Meat Sauce &amp; Garlic Breadstick</p> <p>PBJ Uncrustable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Green Beans Tomato Salad</p>	<p><b>29</b></p> <p>Egg &amp; Cheese Croissant</p> <p>PBJ Uncrustable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Hash Brown Potato Cucumber Slices</p>	<p><b>30</b></p> <p>Chicken Patty on a Roll</p> <p>PBJ Uncrustable</p> <p>Ham &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Side Salad</p>	

**What is a Meal?**  
Students must choose at least 3 of the 5 components available for the school lunch meal.

- 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 chocolate

**Daily Alternates**

- PBJ Uncrustable
- Craveables
- Yogurt Craveables
- Cold Cut Sandwiches

**(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

**Kathy Bond, Lead Cook**

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**Meal Prices**

Student Lunch Free  
Faculty Lunch \$4.85



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES