



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Cheese Pizza Sticks w/ Sauce  <b>FEATURED VEGGIES</b> Steamed Broccoli
4  Cheeseburger on a WG Bun  <b>FEATURED VEGGIES</b> Steamed Green Peas	5  Walking Taco w/ Salsa & Sour Cream  <b>FEATURED VEGGIES</b> Steamed Corn	6  Penne Pasta w/ Meat or Marinara Sauce Garlic Breadstick  <b>FEATURED VEGGIES</b> Steamed Broccoli	7  Corn Dog  <b>FEATURED VEGGIES</b> Oven Fries	8  Big Daddy Pizza  <b>FEATURED VEGGIES</b> Steamed Green Beans
11  Chicken Patty on a WG Bun  <b>FEATURED VEGGIES</b> Baked Beans	12  Nacho Grande w/ Seasoned Beef Salsa & Sour Cream  <b>FEATURED VEGGIES</b> Steamed Corn	13  Mashed Potato Bowl w/ Dinner Roll  <b>FEATURED VEGGIES</b> Steamed Corn	14  French Toast Sticks w/ Sausage Patty  <b>FEATURED VEGGIES</b> Tri Taters	15  Stuffed Crust Pizza  <b>FEATURED VEGGIES</b> Steamed Broccoli
18  Mini Potato & Cheddar Pierogis w/ Dinner Roll  <b>FEATURED VEGGIES</b> Ranchero Carrots	19  BBQ Ribby on WG Bun  <b>FEATURED VEGGIES</b> Oven Fries	20  Toasted Cheese Sandwich  <b>FEATURED VEGGIES</b> Tomato Soup	21  Hot Dog on WG Bun  <b>FEATURED VEGGIES</b> Baked Beans	22  French Bread Pizza  <b>FEATURED VEGGIES</b> Steamed Green Beans
25  No School Memorial Day	26  Mini Corn Dogs  <b>FEATURED VEGGIES</b> Wedge Cut Fries	27  Mini Maple Pancakes w/ Sausage Patty  <b>FEATURED VEGGIES</b> Tater Tots	28  Chicken Patty Sandwich on WG Bun  <b>FEATURED VEGGIES</b> Glazed Carrots	29  Big Daddy Pizza  <b>FEATURED VEGGIES</b> Steamed Broccoli

### 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

#2 Uncrustable PBJ w/ Cheese Stick & WG Roll (V)

#3 Talbot Salad-am & Cheese Cups w/ WG Rolls

#4 Chicken Tenders w/ WG Rolls

### (V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

### Your Team

**General Manager**  
412.492.6390  
Tess.diehl@metzcorp.com

### Meal Prices

Student Lunch	\$2.60
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES