

Monday	Tuesday	Wednesday	Thursday	Friday				
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches								
				<p>1</p> <p>Cheese Pizza Sticks w/ Pizza Sauce (V)</p> <p>Buffalo Chicken Wrap</p> <p>FEATURED VEGGIES Steamed Green Peas</p>				
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches								
<p>4</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Chicken Cheddar Ranch Wrap</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>5</p> <p>Beef Nachos Grande Seasoned Beef w/ Tortilla Chips, Salsa & Sour Cream</p> <p>Corn Dog</p> <p>FEATURED VEGGIES Black Beans</p>	<p>6</p> <p>Mini Maple Pancakes w/ Sausage Patty</p> <p>Bacon, Egg, & Cheese on English Muffin</p> <p>FEATURED VEGGIES Tater Tots</p>	<p>7</p> <p>Stuffed Shells w/ Sauce & Breadstick (V)</p> <p>Beef & Cheddar Wrap</p> <p>FEATURED VEGGIES Steamed Green Beans</p>	<p>8</p> <p>Pepperoni & Cheese Calzone w/ Marinara</p> <p>Hot Turkey & Cheese on Pretzel Roll</p> <p>FEATURED VEGGIES Caesar Salad</p>				
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<p>11</p> <p>French Toast Sticks w/ Sausage Patties</p> <p>Sausage, Egg & Cheese Croissant</p> <p>FEATURED VEGGIES Tri-Hash Browns</p>	<p>12</p> <p>Walking Taco Seasoned Beef w/ Nacho Cheese, Tortilla Chips, Salsa & Sour Cream</p> <p>BBQ Ribby Sandwich</p> <p>FEATURED VEGGIES Steamed Golden Corn</p>	<p>13</p> <p>Mini Corn Dogs</p> <p>Bacon Cheeseburger</p> <p>FEATURED VEGGIES Steamed Green Beans</p>	<p>14</p> <p>Penne Pasta w/ Breadstick Meat or Marinara Sauce</p> <p>Grilled Chicken & Bacon Sandwich</p> <p>FEATURED VEGGIES Steamed Green Peas</p>	<p>15</p> <p>Cheese Sticks w/ Pizza Sauce (V)</p> <p>Mini Corn Dogs</p> <p>FEATURED VEGGIES Rancho Carrots</p>				
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches								
<p>18</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Chicken Cheddar Ranch Wrap</p> <p>FEATURED VEGGIES Oven Fries</p>	<p>19</p> <p>Beef & Cheese Soft Tacos Salsa & Sour Cream</p> <p>French Toast & Sausage</p> <p>FEATURED VEGGIES Steamed Golden Corn</p>	<p>20</p> <p>Toasted Cheese Sandwich (V)</p> <p>Hot Ham & Cheese on Pretzel Roll</p> <p>FEATURED VEGGIES Tomato Soup</p>	<p>21</p> <p>Cheese Stuffed Shells w/ Sauce & Breadstick (V)</p> <p>Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>22</p> <p>Pepperoni Rolls w/ Sauce</p> <p>Bacon Cheeseburger</p> <p>FEATURED VEGGIES Glazed Carrots</p>				
Daily Offerings: Main Plate, Grill, Pizza, Salad Bar and Sandwiches								
<p>25</p> <p>No School Memorial Day</p>	<p>26</p> <p>Beef Nachos Grande Seasoned Beef w/ Tortilla Chips, Salsa & Sour Cream</p> <p>Turkey, Bacon & Cheese on Pretzel Bun</p> <p>FEATURED VEGGIES Black Bean Salsa Steamed Corn</p>	<p>27</p> <p>Popcorn Chicken Mashed Potato Bowl w/ Dinner Roll</p> <p>Hot Dog on a Bun</p> <p>FEATURED VEGGIES Steamed Corn</p>	<p>28</p> <p>Penne Pasta w/ Breadstick w/ Meat or Marinara Sauce</p> <p>Philly Cheesesteak on a Hoagie</p> <p>FEATURED VEGGIES Steamed Green Beans</p>	<p>29</p> <p>Cheese Sticks w/ Pizza Sauce (V)</p> <p>Mini Corn Dogs</p> <p>FEATURED VEGGIES Glazed Carrots</p>				
<table border="0"> <tr> <td style="vertical-align: top;"> <p>Your Team</p> <p>General Manager 412.492.6390 tess.diehl@metzcorp.com</p> </td> <td style="vertical-align: top;"> <p>Meal Prices</p> <p>Student Lunch \$2.90 Reduced Lunch \$0.00 Faculty Lunch \$4.00</p> </td> <td style="vertical-align: middle; text-align: center;">  </td> <td style="vertical-align: middle; text-align: center;">  <p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p> </td> </tr> </table>					<p>Your Team</p> <p>General Manager 412.492.6390 tess.diehl@metzcorp.com</p>	<p>Meal Prices</p> <p>Student Lunch \$2.90 Reduced Lunch \$0.00 Faculty Lunch \$4.00</p>		 <p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>
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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

SANDWICH (COLD)

- WG Uncrustable PBJ (V)
- WG Crispy Chicken Wrap
- WG Buffalo Chicken Wrap

(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.

