



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>NO SCHOOL</b>
4 <b>Mini Cinni Rolls</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	5 <b>Breakfast Pizza</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	6 <b>Egg, Sausage, &amp; Muffin Sandwich</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	7 <b>French Toast Sticks With Syrup</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	8 <b>Bagel w/ Cream Cheese</b>  Assorted Cereals Pop Tarts Assorted Baked Goods
11 <b>Mini Blueberry Donut Holes</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	12 <b>Breakfast Pizza</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	13 <b>Egg &amp; Cheese Croissant</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	14 <b>Chocolate Chip French Toast</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	15 <b>Fruit &amp; Yogurt Parfait</b>  Assorted Cereals Pop Tarts Assorted Baked Goods
18 <b>Glazed Dunkin Sticks</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	19 <b>Breakfast Pizza</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	20 <b>Egg, Ham, &amp; Cheese Biscuit Sandwich</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	21 <b>French Toast Sticks with Syrup</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	22 <b>Dutch Waffle</b>  Assorted Cereals Pop Tarts Assorted Baked Goods
25 <b>NO SCHOOL</b>	26 <b>Breakfast Pizza</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	27 <b>Egg, Bacon, &amp; Cheese Bagel Sandwich</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	28 <b>Mini Cinnamon Waffles</b>  Assorted Cereals Pop Tarts Assorted Baked Goods	29 <b>Mini Pretzel Bites W/ Cream Cheese</b>  Assorted Cereals Pop Tarts Assorted Baked Goods

**What is a Meal?**  
Students must choose at least 3 of the 4 components available for the school breakfast price.  
- Choice of Whole Grain  
- Choice of Protein  
- Choice of Fruit or Vegetable  
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereals (served with graham crackers)**

Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free white, 1 % chocolate

**(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

Nan Guy, General Manager  
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**Meal Prices**

Student Breakfast  
Faculty Breakfast

Free  
\$2.94





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Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>NO SCHOOL</b>
4 <b>Chicken Nuggets w/ Roll</b> CRAVEABLE/SALAD PB&J Craveable (V) Cheeseburger Salad w/ Roll <b>FEATURED VEGGIES</b> Chef's Choice of Potato, Red Pepper Strips	5 <b>Macaroni &amp; Cheese w/ Garlic Breadstick (V)</b> CRAVEABLE/SALAD PB&J Craveable (V) Cheeseburger Salad w/ Roll <b>FEATURED VEGGIES</b> Green Beans, Caesar Salad	6 <b>Hot Dog on a Roll</b> CRAVEABLE/SALAD PB&J Craveable (V) Cheeseburger Salad w/ Roll <b>FEATURED VEGGIES</b> Chef's Choice of Potato, Baked Beans	7 <b>Toasted Cheese Sandwich (V)</b> CRAVEABLE/SALAD PB&J Craveable (V) Cheeseburger Salad w/ Roll <b>FEATURED VEGGIES</b> Tomato Soup, Mixed Vegetables	8 <b>Stuffed Crust Pizza (V)</b> CRAVEABLE/SALAD PB&J Craveable (V) Cheeseburger Salad w/ Roll <b>FEATURED VEGGIES</b> Sweet Potatoes, Chickpea Salad
11 <b>Turkey &amp; Cheese Melt on a Croissant</b> CRAVEABLE/SALAD PB&J Craveable (V) Garden Salad w/ Goldfish Crackers & Dinner Roll (V) <b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn	12 <b>Pasta &amp; Meatballs w/ Garlic Breadstick</b> CRAVEABLE/SALAD PB&J Craveable (V) Garden Salad w/ Goldfish Crackers & Dinner Roll (V) <b>FEATURED VEGGIES</b> Roasted Chickpeas, Caesar Salad, Green Beans	13 <b>Asian Chicken over Rice with vegetable eggroll</b> CRAVEABLE/SALAD PB&J Craveable (V) Garden Salad w/ Goldfish Crackers & Dinner Roll (V) <b>FEATURED VEGGIES</b> Steamed Broccoli, Carrot Sticks	14 <b>Hot Ham &amp; Cheese on Pretzel Roll</b> CRAVEABLE/SALAD PB&J Craveable (V) Garden Salad w/ Goldfish Crackers & Dinner Roll (V) <b>FEATURED VEGGIES</b> Oven Fries, Baked Beans, Caesar Salad	15 <b>Cheese Pizza Crunchers with Dipping Sauce (V)</b> CRAVEABLE/SALAD PB&J Craveable (V) Garden Salad w/ Goldfish Crackers & Dinner Roll (V) <b>FEATURED VEGGIES</b> Oven Roasted Zucchini, Broccoli Salad
18 <b>Chicken Tenders w/ Roll</b> CRAVEABLE/SALAD PB&J Craveable (V) Asian Chicken Salad w/ Dinner Rolls <b>FEATURED VEGGIES</b> Sweet Potato Tots, Side Salad	19 <b>Beef Soft Tacos</b> CRAVEABLE/SALAD PB&J Craveable (V) Asian Chicken Salad w/ Dinner Rolls <b>FEATURED VEGGIES</b> Refried Beans, Corn, Lettuce & Tomato	20 <b>Cheeseburger on a Bun</b> CRAVEABLE/SALAD PB&J Craveable (V) Asian Chicken Salad w/ Dinner Rolls <b>FEATURED VEGGIES</b> Glazed Carrots, Oven Fries	21 <b>Mini Corn Dogs</b> CRAVEABLE/SALAD PB&J Craveable (V) Asian Chicken Salad w/ Dinner Rolls <b>FEATURED VEGGIES</b> Curly Fries, Baked Beans, Apple Cider Slaw	22 <b>Pepperoni Pizza</b> CRAVEABLE/SALAD PB&J Craveable (V) Asian Chicken Salad w/ Dinner Rolls <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower, Cucumber Slices
25 <b>NO SCHOOL</b>	26 <b>Walking Taco with Pretzel Stick</b> CRAVEABLE/SALAD PB&J Craveable (V) Crispy Chicken Salad <b>FEATURED VEGGIES</b> Mexican Corn, Tomato & Onion Salad	27 <b>Chicken Patty on a Bun</b> CRAVEABLE/SALAD PB&J Craveable (V) Crispy Chicken Salad <b>FEATURED VEGGIES</b> Chef Choice of Potato, Ranchero Carrots	28 <b>Macaroni &amp; Cheese w/ Garlic Breadstick (V)</b> CRAVEABLE/SALAD PB&J Craveable (V) Chicken Caesar Salad <b>FEATURED VEGGIES</b> Grape Tomatoes, Apple Cider Slaw	29 <b>Toasted Pepperoni Pizza Flatbread Sandwich</b> CRAVEABLE/SALAD PB&J Craveable (V) Crispy Chicken Salad <b>FEATURED VEGGIES</b> Caesar Salad, Grape Tomatoes, Cucumber Slices

### 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, 1% chocolate, 1% vanilla, and 1% strawberry

### Daily Alternates

Fresh Entree Salad

PB&J Craveable

### (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

Nan Guy, General Manager

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### Meal Prices

Student Lunch  
Faculty Lunch

Free  
\$4.83



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES