



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Personal Cheese Pizza PB&J Grab & Go FEATURED VEGGIES Baby Carrots
4 Mini Corn Dogs PB&J Grab & Go FEATURED VEGGIES BBQ Baked Beans	5 Walking Taco w/ Doritos PB&J Grab & Go FEATURED VEGGIES Golden Corn	6 Dutch Waffle PB&J Grab & Go FEATURED VEGGIES Smiley Potatoes	7 Personal Cheese Pizza PB&J Grab & Go FEATURED VEGGIES Baby Carrots	8 NO LUNCH HALF DAY
11 Turkey & Cheese Melt on a Pretzel Bun PB&J Grab & Go FEATURED VEGGIES Cucumber Coins	12 Chicken & Cheese Pizza Quesadilla PB&J Grab & Go FEATURED VEGGIES Corn	13 Belgian Waffle Sticks PB&J Grab & Go FEATURED VEGGIES Hash Brown Rounds	14 Dino Nuggets w/ Roll PB&J Grab & Go FEATURED VEGGIES Steamed Broccoli	15 Personal Cheese Pizza PB&J Grab & Go FEATURED VEGGIES Baby Carrots
18 Pizza Crunchers PB&J Grab & Go FEATURED VEGGIES Sweet Peas	19 Italian Hoagie PB&J Grab & Go FEATURED VEGGIES Cucumber Coins	20 Egg & Cheese On A Bagel side of Turkey Bacon PB&J Grab & Go FEATURED VEGGIES Tots	21 Personal Cheese Pizza PB&J Grab & Go FEATURED VEGGIES Baby Carrots	22 NO LUNCH HALF DAY
25 Memorial Day	26 Walking Taco with Doritos PB&J Grab & Go FEATURED VEGGIES Corn	27 Dino Nuggets w/Biscuit PB&J Grab & Go Turkey & Cheese Wrap FEATURED VEGGIES Mixed veggies	28 Mac & Cheese PB&J Grab & Go FEATURED VEGGIES Celery Sticks w/ Cream Cheese	29 Personal Cheese Pizza PB&J Grab & Go FEATURED VEGGIES Baby Carrots

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

fat-free white

Your Team

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Meal Prices

Student Lunch	\$3.35
Reduced Lunch	\$0.00
Faculty Lunch	\$5.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES