



Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Early Dismissal Bagged Lunches to Go	Spring Break 	
	7 Mini Corn Dogs FEATURED VEGGIES Baked Beans	8 Cheeseburger on a Bun FEATURED VEGGIES Oven Fries	9 Pancakes & Sausage FEATURED VEGGIES Breakfast Potatoes	10 Cheese Pizza FEATURED VEGGIES Steamed Broccoli
13 Chicken Nuggets & Buttered Noodles FEATURED VEGGIES Steamed Carrots	14 Walking Taco FEATURED VEGGIES Steamed Corn	15 Cheesesteak on a Roll FEATURED VEGGIES French Fries	16 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup	17 Cheese Pizza FEATURED VEGGIES Steamed Green Beans
20 Hot Dog on a Bun FEATURED VEGGIES Mixed Veggies	21 Macaroni & Cheese FEATURED VEGGIES Steamed Broccoli	22 Chicken Patty on a Bun FEATURED VEGGIES Steamed Peas	23 Turkey & Mashed Potatoes with gravy FEATURED VEGGIES Steamed Corn	24 Cheese Pizza FEATURED VEGGIES Steamed Green Peas
27 Popcorn Chicken with Brown Rice FEATURED VEGGIES Steamed Broccoli	28 Beef Soft Tacos FEATURED VEGGIES Refried Beans	29 Egg & Cheese Croissant FEATURED VEGGIES Hash Brown Potato	30 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup	



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 1/2 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

- Yogurt Craveable
- Peanut Butter & Jelly

Your Team

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Meal Prices

Student Lunch \$0.00
Faculty Lunch \$5.00



Metz
CULINARY MANAGEMENT
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