



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Sub FEATURED VEGGIES Oven Fries Chickpea Salad	3 Walking Taco with Pretzel Stick FEATURED VEGGIES Steamed Corn Salsa	4 Early Dismissal Bagged Lunches To Go	5 Chicken Alfredo with Garlic Breadstick FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes	6 Cheese Stick Dippers FEATURED VEGGIES Garden Peas Red Pepper Strips
CRACKLES Italian Craveable: Pepperoni, Mozzarella String Cheese, Baby Carrots, Grapes & Goldfish				
9 Cheeseburger on a Bun FEATURED VEGGIES Baked Beans Fresh Cucumber Slices	10 Nachos Grande FEATURED VEGGIES Refried Beans Corn & Black Bean Salsa	11 French Toast Sticks with Sausage Patties FEATURED VEGGIES Hash Brown Patty Cherry Tomatoes	12 Macaroni & Cheese FEATURED VEGGIES Stewed Tomatoes Green Pepper Strips	13 Cheese Pizza FEATURED VEGGIES Steamed Green Beans Broccoli Florets
CRACKLES Walking Taco: Nacho cheese Doritos, seasoned ground beef, cheddar cheese, goldfish crackers & fruit				
16 Popcorn Chicken w/Buttered Noodles FEATURED VEGGIES Steamed Carrots Cherry Tomatoes	17 Beef & Cheese Quesadilla FEATURED VEGGIES Refried Beans Chickpea Salad	18 Egg & Cheese Waffle Flatbread Sandwich FEATURED VEGGIES Tater Tots Fresh Cucumber Slices	19 Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn Cole Slaw	20 Stuffed Crust Pizza FEATURED VEGGIES Mixed Veggies Red Pepper Strips
CRACKLES Super Fruit: Apple slices, grapes, cheese sticks and goldfish crackers				
23 Chicken Nuggets with Brown Rice FEATURED VEGGIES Steamed Corn Broccoli Florets	24 Macaroni & Cheese FEATURED VEGGIES Green Beans Green Pepper Strips	25 Hot Dog on a Roll FEATURED VEGGIES Mashed Potatoes Carrot Raisin Salad	26 Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Fresh Cucumber Slices	27 Cheese Pizza Bagel FEATURED VEGGIES Steamed Green Beans Cherry Tomatoes
CRACKLES Soft Pretzel: Soft Pretzel, Dannon Strawberry Banana Yogurt & Cheese Stick				
30 Turkey & Cheese Melt on a Croissant FEATURED VEGGIES Steamed Carrots Red Pepper Strips	31 Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Corn Salsa			
CRACKLES Make Your Own Pizza: Flatbread, pizza sauce, mozzarella cheese, pepperoni and fruit				



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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