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<i>Main Plate</i>	Mid Winter Break No School	Mid Winter Break No School	Sausage Peppers & Onion Sandwich  Baked Steak Fries  Fresh Corn On The Cob  Gluten-Free and Vegan Options Available 	Philly Cheesesteak  Coleslaw  Sautéed peppers & Onions  Gluten-Free and Vegan Options Available 	Baked Chicken Nuggets  Baked Tater Tots  Fresh Green Beans  Gluten-Free and Vegan Options Available 
			 A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	 A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	 A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free
					
<i>duJour</i>			 Housemade Ham & Bean Soup	  Housemade Corn Chowder Soup	 Housemade Vegetable Chili
<i>Just Desserts</i>			 Fresh Orange Slices	 Fresh Pineapple Wedge	 Chocolate Chip Cookies

-  Denotes Vegetarian Item
-  Denotes Vegan Item
-  Denotes Gluten-Free Item
-  Denotes Organic
-  Denotes Local

At Metz, we strive to serve the freshest and healthiest options for our children. Our goal is to provide a menu with a minimum of 80% fresh food not processed. Our food is never fried. We offer vegetarian, vegan and gluten-free options at each meal.

Thoroughly cooking meats, seafood, shellfish and eggs reduces risk of food borne illness.