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	Meatless Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24
<i>Main Plate</i>	<b>No</b>  <b>School</b>  <b>Martin</b>  <b>Luther</b>	 Cheese Ravioli with Parmesan Cheese   Roasted Cauliflower  Garlic Breadsticks   Gluten-Free and Vegan Options Available	Chicken Patty Sandwich   Edamame Beans Baked Curly Fries   Gluten-Free and Vegan Options Available	Meatball Sub   Steamed Mixed Vegetables   Mandarin Oranges   Gluten-Free and Vegan Options Available	Baked Chicken Nuggets   Steamed Green Beans   Baked Tater Tots   Gluten-Free and Vegan Options Available
	<b>King Jr.</b>	  1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  1 Deli Meat, Cheese, Peanut Butter & Jelly & Assorted Breads including Gluten-Free
	<b>Holiday</b>	    Fresh Greens, Organic and Local Vegetables, A Chef Made Composed Salad & a Variety of Dressings	    Fresh Greens, Organic and Local Vegetables, A Chef Made Composed Salad & a Variety of Dressings	    Fresh Greens, Organic and Local Vegetables, A Chef Made Composed Salad & a Variety of Dressings	    Fresh Greens, Organic and Local Vegetables, A Chef Made Composed Salad & a Variety of Dressings
<i>duJour</i>		Housemade Chicken Noodle Soup	  Housemade Tomato Florentine Soup	 Housemade Vegetable Beef Soup	Housemade Italian Wedding Soup
<i>Just Desserts</i>		  Fresh Cut Mixed Fruit	  Fresh Sliced Cantalope	  Sliced California Oranges	 Chocolate Chip Cookie

-  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.