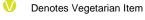


Montgomery School Menu: October 14-18



	Meatless Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
	Grilled Cheese		Sloppy Joe Sandwich	No	No
Main/Plate	Ruffles Chips	Shredded Cheddar Cheese, Bacon, Salsa, Sour Cream,	G GF		School
	Steamed Cauliflower Gluten-Free and Vegar Options Available	Gluten-Free and Vegan	Steamed Green Beans Gluten-Free and Vegan Options Available		Parent/Teacher Conferences
MARKET ST.	Protein Salads, Cheeses Peanut Butter & Jelly & Assorted Breads including	Peanut Butter & Jelly, Assorted Breads, including	Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including		Connected
green scene farm to table fare		Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat	Fresh, Organic and Local Vegetables Chef made Composed Salads Variety of Regular and Low-Fat		
duJour	Housemade Tomato Soup	Housemade Beef Chili			
Just Desserts	Chocolate Pudding		<u> </u>	(G)	



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.