

	Monday-17	Tuesday-18	Wednesday-19	Thursday-20	Friday-21
<i>Main Plate</i>	<p> Loaded Pierogies: Stuffed with Bacon, Cheddar Cheese &amp; Sour Cream</p> <p>  Roasted Cauliflower</p> <p> Vegan Baked Beans</p> <p>  Gluten-Free and Vegan Options Available</p>	<p> Build Your Own Italian Sub</p> <p>  Ham, Salami, Capicola, Provolone Cheese, Lettuce, and Tomato</p> <p>  Mandarin Oranges</p> <p>  Gluten-Free and Vegan Options Available</p>	<p>Housemade Beef Stew</p> <p>  Fresh Mixed Vegetables</p> <p>  Steamed Basmati Rice</p> <p>  Gluten-Free and Vegan Options Available</p>	<p> Christmas Lunch: Honey Baked Ham</p> <p>  Green Beans &amp; Roasted Red Peppers</p> <p>  Roasted Potatoes</p> <p>  Gluten-Free and Vegan Options Available</p>	<p><b>Noon</b></p> <p><b>Dismissal</b></p> <p><b>No</b></p> <p><b>Lunch</b></p>
	<p>  A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter &amp; Jelly &amp; Assorted Breads including Gluten-Free</p>	
	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>	<p>    Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads</p> <p>Variety of Regular and Low-Fat Dressings</p>	
<i>duJour</i>	<p>  Housemade Vegetable Rice Soup</p>	<p> Housemade Cream of Mushroom Soup</p>	<p>Housemade French Onion Soup</p>	<p>Housemade Italian Wedding Soup</p>	
<i>Just Desserts</i>	<p>  Sliced Peaches</p>	<p>  Vanilla Pudding</p>	<p>  Fresh Diced Pineapple</p>	<p>  Vanilla Ice Cream</p>	

- 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.