

	Monday-4	Tuesday-5	Wednesday-6	Thursday-7	Friday-8
	Meatless Monday				
<i>Main Plate</i>	V Cheese Filled Pierogies with Sautéed Onions & Sour Cream GF Applesauce GF Roasted Broccoli GF Gluten-Free and Vegan Options Available	Baked Manicotti GF Dinner Roll GF Steamed Cauliflower GF Gluten-Free and Vegan Options Available	GF Honey Baked Ham GF Rice Pilaf GF Mixed Vegetables GF Gluten-Free and Vegan Options Available	GF Chicken Ranch Sandwich GF Ruffles Chips GF Lettuce, Tomato & American Cheese GF Gluten-Free and Vegan Options Available	GF Meatball Marinara Sandwich GF Mandarin Oranges GF Steamed Green Beans GF Gluten-Free and Vegan Options Available
	V GF A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	V GF A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	V GF A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	V GF A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	V GF A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free
	V GF local organic Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings	V GF local organic Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings	V GF local organic Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings	V GF local organic Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings	V GF local organic Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings
<i>duJour</i>	GF Housemade Hearty Vegetable Soup	V Housemade Broccoli Cheddar Soup	GF Housemade Chicken & Rice Soup	GF Housemade Bacon Corn Chowder Soup	GF Housemade Lentil Soup
<i>Just Desserts</i>	GF Fresh Diced Pineapple	V GF Chocolate Pudding	GF Fresh Cut Honeydew	GF Fresh Sliced Peaches	V 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.