

	Monday-11 Meatless Monday	Tuesday-12	Wednesday-13	Thursday-14 Valentines Lunch	Friday-15
<i>Main Plate</i>	<p> </p> <p>Spaghetti Marinara Dinner Roll Roasted Brussell Sprouts Gluten-Free and Vegan Options Available</p>	<p> </p> <p>Hot Ham & Cheese Sandwich Baked Fries Steamed Cauliflower & Broccoli Gluten-Free and Vegan Options Available</p>	<p> </p> <p>All Beef Hot Dogs Served With Rolls Baked Beans Fresh Golden Corn Gluten-Free and Vegan Options Available</p>	<p> </p> <p>Housemade Sweatheart Mac & Cheese Be Mine Fresh Applesauce Cupid's Roasted Squash & Zucchini Gluten-Free and Vegan Options Available</p>	<p>Mid Winter Break No School</p>
	<p> </p> <p>Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads including Gluten-Free</p>	<p> </p> <p>Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads including Gluten-Free</p>	<p> </p> <p>Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads including Gluten-Free</p>	<p> </p> <p>Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads including Gluten-Free</p>	
	<p> </p> <p>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings</p>	<p> </p> <p>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings</p>	<p> </p> <p>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings</p>	<p> </p> <p>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings</p>	
	<p></p> <p>Housemade Black Bean Tortilla Soup</p>	<p></p> <p>Housemade Chicken Barley Soup</p>	<p></p> <p>Housemade Beef Chili</p>	<p>Housemade Loaded Potato Soup</p>	
	<p></p> <p>Fresh Diced Pears</p>	<p></p> <p>Fresh Sliced Cantaloupe</p>	<p></p> <p>Fresh Mixed Fruit</p>	<p></p> <p>Cookies & Cream Ice Cream Sandwich</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.