

	Monday-18 Meatless Monday	Tuesday-19	Wednesday-20	Thursday-21	Friday-22
<i>Main Plate</i>	Mid Winter Break	Mid Winter Break	Oven Baked Fried Chicken 	Pork & Vegetable Potstickers with Soy Dipping Sauce 	Build Your Own Sub
	No School	No School	Southern Baked Biscuits Housemade Cowboy Coleslaw Gluten-Free and Vegan Options Available 	Asian Rice Fresh Steamed Broccoli Gluten-Free and Vegan Options Available 	Ham, Turkey, Cheddar Cheese, Lettuce, and Tomato Ruffles Chips Gluten-Free and Vegan Options Available
			A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free
			Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings	Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings	Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings
<i>duJour</i>			Housemade 3 Bean Soup	Housemade Egg Drop Soup	Housemade Vegetable Chowder
<i>Just Desserts</i>			Vanilla Pudding	Fortune Cookie	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.