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<i>Main Plate</i>	<p> Vegetable Lo Mein</p> <p>  Mandarin Oranges</p> <p>  Mixed Asian Vegetables</p> <p>  Gluten-Free and Vegan Options Available</p>	<p>Baked Potato Bar</p> <p>Steamed Broccoli</p> <p>Shredded Cheddar Cheese, Bacon, Salsa, Sour Cream, and Scallions</p> <p>  Gluten-Free and Vegan Options Available</p>	<p>  Sloppy Joe Sandwich</p> <p>Edamame Beans</p> <p>Fresh Corn On The Cob</p> <p>  Gluten-Free and Vegan Options Available</p>	<p>Chase Shandler Menu: French Toast with Powdered Sugar</p> <p>  Fresh Strawberries</p> <p>Bacon</p> <p>  Gluten-Free and Vegan Options Available</p>	<p> Baked Chicken Nuggets</p> <p>Baked Tater Tots</p> <p>Fresh Green Beans</p> <p>  Gluten-Free and Vegan Options Available</p>
	  Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	  Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	  Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	  Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free	  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	    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 Cream of Mushroom Soup	 Housemade Beef Chili	Housemade Chicken Noodle Soup	  Housemade Strawberry Soup	Housemade New England Clam Chowder Soup
<i>Just Desserts</i>	 Chocolate Ice Cream Cups	  Fresh Sliced Watermelon	  Fresh Orange Slices	  Popsicles	 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.