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<i>Main Plate</i>	Chicken & Vegetable Potstickers with Soy Dipping Sauce   Roasted Squash & Zucchini   Mandarin Oranges   Gluten-Free and Vegan Options Available	Hot Dogs   Roasted Vegetables   Baked Beans   Gluten-Free and Vegan Options Available	Sweet & Sour Chicken   Vegetable Spring Rolls   Asian Rice   Gluten-Free and Vegan Options Available	Meatball Marinara Sandwich   Steamed Broccoli   Applesauce   Gluten-Free and Vegan Options Available	Kwanzaa Lunch: Oven Baked Fried Chicken   Collard Greens   Red Beans & Rice   Gluten-Free and Vegan Options Available
	  Section of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  Section of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  Section of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  Section of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free	  Section 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 Lentil Soup	 Housemade Beef Chili	 Housemade Broccoli Cheddar Soup	 Housemade Egg Drop Soup	 Housemade Black Eyed Pea & Ham Soup
<i>Just Desserts</i>	 Ice Cream Sandwich	  Fresh Sliced Oranges	  Chocolate Pudding	 Fortune Cookie	 Chocolate Chip Cookie

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.

-  Denotes Vegetarian Item
-  Denotes Vegan Item
-  Denotes Gluten-Free Item
-  Denotes Organic
-  Denotes Local

Thoroughly cooking meats, seafood, shellfish and eggs reduces risk of food borne illness.