

	Monday-3	Tuesday-4	Wednesday-5	Thursday-6	Friday-7
<i>Main Plate</i>	<p> Penne Marinara</p> <p> Roasted Brussels Sprouts</p> <p> Mandarin Oranges</p> <p> Gluten-Free and Vegan Options Available</p>	<p>BBQ Pulled Pork</p> <p> Roasted Red Potatoes</p> <p>Buttermilk Biscuits</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Wing Wednesday: Hot or BBQ Sauce</p> <p> Carrot & Celery Sticks</p> <p>Baked Tater Tots</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Grilled Cheese</p> <p> Steamed Green Beans</p> <p>Ruffles Chips</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Hanukkah Lunch: Roasted Chicken</p> <p> Five Spice Apple Sauce</p> <p>Potato Latkes</p> <p> Gluten-Free and Vegan Options Available</p>
	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>	<p> Selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly & Assorted Breads including Gluten-Free</p>
	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>
	<p> Housemade Vegetable Soup</p>	<p>Housemade Loaded Potato Soup</p>	<p>Housemade Sausage & Tortellini Soup</p>	<p> Housemade Tomato Soup</p>	<p> Housemade Mushroom Barley Soup</p>
	<p> Fresh Diced Pineapple</p>	<p> Strawberry Parfaits</p>	<p> Fresh Cantaloupe</p>	<p> Fresh Mixed Fruit Cup</p>	<p> Chocolate Chip Cookie</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.