

		Monday-28	Tuesday-29	Wednesday-30	Thursday-31	Friday-1
<i>Main Plate</i>	Memorial Day		Chicken Cordon Bleu	Baked Ham	Grilled Cheese	Meatball Marinara with Shredded Parmesan Cheese
	No School		Mixed Vegetables	Fresh Green Beans	Steamed Broccoli	Steamed Corn
			Rice Pilaf	Roasted Garlic Red Potatoes	Mandarin Oranges	Apple Sauce
			Gluten-Free and Vegan Options Available	Gluten-Free and Vegan Options Available	Gluten-Free and Vegan Options Available	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	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	Mixed Greens Fresh, Organic and Local Vegetables Chef made Composed Salads Variety of Regular and Low-Fat Dressings
			Housemade Italian Wedding Soup	Housemade Chicken Noodle Soup	Housemad Tomato Soup	Housemade Cream of Mushroom Soup
			Chocolate Pudding	Fresh Sliced Cantaloupe	Strawberry Jello	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.