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<i>Main Plate</i>	 Penne Marinara  Garlic Breadsticks   Roasted Vegetables   Gluten-Free and Vegan Options Available	Build Your Own Sub A Variety of Deli Meats & Cheeses with Lettuce & Tomato   Ruffles Chips   Gluten-Free and Vegan Options Available	No Lunch	No Lunch	Last Day Of School No Lunch Have a Great Summer Break
	  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			
	  Housemade Split Pea Soup	  Housemade Lentil Soup			
	  Fresh Sliced Peaches	 Vanilla Ice Cream			

-  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.