# Montgomery School Menu: March 13-17

| | Monday-13 | Tuesday-14 | Wednesday-15 | Thursday-16 | Meatless Friday-17 |
|---|---|---|---|---|---|
| Main Plate | V<br>Cheese Ravioli<br>Ve GF<br>Roasted Mixed Vegetables<br>Ve<br>Garlic Breadsticks<br>Ve GF<br>Gluten-Free and Vegan Options Available | GF<br>Chicken Teriyaki<br>Ve GF<br>Steamed Carrots<br>Ve GF<br>Roasted Garlic Potatoes<br>Ve GF<br>Gluten-Free and Vegan Options Available | GF<br>Burger Bar<br>Ve GF<br>Lettuce, Tomato, And American Cheese<br>Ve GF<br>Baked Tater Tots<br>Ve GF<br>Gluten-Free and Vegan Options Available | General Tso's Chicken<br>GF Ve<br>Steamed Broccoli<br>Ve GF<br>Asian Rice<br>Ve GF<br>Gluten-Free and Vegan Options Available | V<br>Cheese Quesadilla Served With Salsa & Sour Cream<br>V GF<br>Roasted Peppers & Onions<br>Ve GF<br>Refried Beans<br>Ve GF<br>Gluten-Free and Vegan Options Available |
| Market St. Deli | V GF<br>A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free | V GF<br>A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free | V GF<br>A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free | V GF<br>A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free | V GF<br>A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly, Assorted Breads, including Gluten-Free |
| green scene (farm to table fare) | Ve V local organic<br>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings | Ve V local organic<br>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings | Ve V local organic<br>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings | Ve V local organic<br>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings | Ve V local organic<br>Mixed Greens, Fresh, Organic, and Local Vegetables, Chef made Composed Salads, Variety of Regular and Low-Fat Dressings |
| du Jour | Italian Wedding Soup | GF<br>Housemade Broccoli Cheddar Soup | GF<br>Housemade Vegetable Beef Soup | GF V<br>Housemade Egg Drop Soup | Ve GF<br>Housemade Mushroom Soup |
| Just Desserts | Fresh Sliced Pears | Ve GF<br>Fresh Cut Mixed Fruit | Ve GF<br>California Sliced Oranges | GF V<br>Fortune Cookie | V<br>Chocolate Chip Cookie |

V Denotes Vegetarian Item

Ve Denotes Vegan Item

GF 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.