

	Meatless Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24
<i>Main Plate</i>	<p> Spaghetti Marinara</p> <p> Roasted Broccoli</p> <p> Garlic Breadstick</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Buffalo Chicken Sandwich</p> <p> Fresh Green Beans</p> <p> BBQ Baked Beans</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Baked Eggplant Parmesan</p> <p> Sweet Baby Carrots</p> <p> Wild Rice Pilaf</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Build Your Own Sub Ham, Capicola, Salami, Provolone Cheese, Lettuce, and Tomato</p> <p> Fresh Baked Pretzel Bites & Roasted Cauliflower</p> <p> Gluten-Free and Vegan Options Available</p>	<p>No</p> <p>School</p> <p>Spring</p> <p>Break</p>
	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 Vegetable Rice Soup	Housemade Beef Chili	Housemade Chicken Corn Chowder	Housemade Pasta Fagiola	
	Sliced Peaches	Vanilla Ice Cream	Fresh Sliced Honeydew	Fresh Local Whole Red Apples	

- 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.