

		Monday-29	Tuesday-30	Wednesday-31	Thursday-1	Friday-2
<i>Main Plate</i>	Memorial Day		Burger Bar	Chicken Cordon Blue	General Tso's Chicken	Housemade Mac & Cheese
	No School		Lettuce, Tomato & Cheese	Steamed Corn	Steamed Broccoli	Roasted Squash & Zucchini
		Baked Curly Fries	Baked Tater Tots	Asian Rice	Baked Steak Fries	
		Gluten-Free and Vegan Options Available	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	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	Mixed Greens Fresh, Organic and Local Vegetables Chef made Composed Salads Variety of Regular and Low-Fat Dressings
		Housemade Ham & Bean Soup	Housemade Chicken Noodle Soup	Housemade Egg Drop Soup	Housemade Mushroom Soup	
<i>Just Desserts</i>		Sliced Peaches	Fresh Sliced Watermelon	Fortune Cookies	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.