

	Meatless Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<i>Main Plate</i>	<p> Spaghetti Marinara</p> <p> Dinner Roll</p> <p> Fresh Sautéed Spinach</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Taco Tuesday Beef & Vegetable Tacos</p> <p> Mexican Seasoned Rice</p> <p> Queso Quesadilla Cheese, Tomato, Lettuce, Sour Cream, And Salsa</p> <p> Gluten-Free and Vegan Options Available</p>	<p> No Antibiotic Ever BBQ Chicken</p> <p> Roasted Garlic Red Potatoes</p> <p> Steamed Green Beans</p> <p> Gluten-Free and Vegan Options Available</p>	<p> Meatball Marinara Sandwich</p> <p> Baked Curly Fries</p> <p> Roasted Brussell Sprouts</p> <p> Gluten-Free and Vegan Options Available</p>	<p>Baked Chicken Wings Served With Celery & Carrot Sticks</p> <p> Fresh Seasoned Edamame Beans</p> <p> Gluten-Free and Vegan Options Available</p>
	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly Assorted Breads including Gluten-Free</p>	<p> A selection of Lean Deli Meats, Protein Salads, Cheeses, Peanut Butter & Jelly Assorted Breads including Gluten-Free</p>
	<p> Mixed Greens</p> <p>Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens</p> <p>Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens</p> <p>Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens</p> <p>Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>	<p> Mixed Greens</p> <p>Fresh, Organic and Local Vegetables</p> <p>Chef made Composed Salads Variety of Regular and Low-Fat Dressings</p>
<i>duJour</i>	<p> Housemade Tomato Soup</p>	<p> Housemade Chicken Tortilla Soup</p>	<p>Housemade Italian Wedding Soup</p>	<p> Housemade Chicken Corn Chowder Soup</p>	<p> Housemade Turkey & Rice Soup</p>
<i>Just Desserts</i>	<p> Mandarin Oranges</p>	<p> Churros</p>	<p> Sliced Peaches</p>	<p> Fresh Orange Slices</p>	<p> Chocolate Chip Cookies</p>

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.