

BABY



Black Bean

Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli Carrot Sticks</p>	<p>2</p> <p>½ Day No Lunch Served</p> <p>FEATURED VEGGIES</p>	<p>3</p> <p>Spring Break</p>
6	7	8	9	10
<p>13</p> <p>Grilled Cheese & Tomato Soup Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Oven Fries Green Beans</p>	<p>14</p> <p>Walking Taco with Pretzel Stick Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Mexicali Corn Rice & Beans</p>	<p>15</p> <p>Pizza Dippers with Marinara Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Tater Tots Carrots</p>	<p>16</p> <p>Chicken Alfredo over Penne Pasta Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch</p>	<p>17</p> <p>Cheese Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Cherry Tomatoes Cucumber Slices</p>
20	21	22	23	24
<p>Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Slices</p>	<p>Spaghetti & Meatballs Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Latin-Inspired Beans Golden Corn</p>	<p>French Toast Sticks with Sausage Links Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Tri Patty Taters Carrot Sticks</p>	<p>Macaroni & Cheese Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw</p>	<p>Cheesy Pizza Tuna Salad Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Green Beans Baby Carrots</p>
27	28	29	30	
<p>Chicken & Mashed Potato Bowl with Roll Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Mashed Potatoes Baby Carrots</p>	<p>Nachos Grande with Tortilla Chips Tuna Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Latin-Inspired Beans Tomato Salad</p>	<p>Baked Ziti Buffalo Chicken Salad Italian Hoagie</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices</p>	<p>Chicken Patty on a Bun Chicken Cesar Salad Turkey Hoagie</p> <p>FEATURED VEGGIES Steamed Corn Romaine Salad</p>	

What is a Meal?
Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

Daily Alternates

- ½ Cheese & Yogurt Meal with Goldfish Crackers
- Melted Cheese Sandwich
- Sun Butter & Jelly Meal with Cheese stick & Goldfish Crackers

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan
These items do not contain any animal products

Your Team

Dawn Janelli, Food Service Director
609.487.7900 ext. 5070
ma1607@metzcorp.com

Meal Prices

Student Lunch \$3.65
Reduced Lunch \$0.00
Faculty Lunch \$5.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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		1 Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli	2 ½ Day No Lunch Served FEATURED VEGGIES	3 Spring Break
6	7	8	9	10
13 Grilled Cheese & Tomato Soup FEATURED VEGGIES Oven Fries	14 Walking Taco FEATURED VEGGIES Rice & Beans	15 Pizza Dippers with Marinara FEATURED VEGGIES Tater Tots	16 Chicken Alfredo over Penne Pasta FEATURED VEGGIES Steamed Broccoli	17 Cheese Pizza FEATURED VEGGIES Cucumber Slices
20 Cowboy Burger on a Bun FEATURED VEGGIES Steamed Broccoli	21 Spaghetti & Meatballs FEATURED VEGGIES Golden Corn	22 French Toast Sticks with Sausage Links FEATURED VEGGIES Tri Patty Taters	23 Macaroni & Cheese Ch FEATURED VEGGIES Steamed Tomatoes	24 Cheesy Pizza FEATURED VEGGIES Steamed Green Beans
27 Chicken & Mashed Potato Bowl FEATURED VEGGIES Mashed Potatoes	28 Nachos Grande with Tortilla Chips FEATURED VEGGIES Latin-Inspired Beans	29 Baked Ziti FEATURED VEGGIES Hash Brown Potato	30 Chicken Patty on a Bun FEATURED VEGGIES Romaine Salad	

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