

Please remember to bring your lunch tags!

PRICING

Student \$3.00 Adult: \$4.17

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- ◊ Meat or meat alternate
- ◊ Choice of Vegetable
- ◊ Choice of Fruit
- ◊ Grain/Bread

◊ Choice of Milk - 1% white, and fat-free chocolate

Weekly Veggie Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and green peas

Other Vegetables: celery sticks, cucumbers, green peppers, green beans and cabbage

Featured Fruit May Include:

oranges, apples, fruit cocktail, peaches, pears, apple sauce, 100% fruit juices, pineapple, watermelon, cantaloupe, and blue berries



LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES

* Salads Offered Everyday *

Options Include:

- Bread Stick Dipper Craveable
- Ham and Cheese Craveable
- Turkey and Cheese Craveable
- Super Fruit Craveable

Craveables are an all-in-one lunch menu item offered on a rotating basis

*some Craveables contain an extra protein, fruit, or veggie instead of a grain



METZ CONTACT INFO

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Jan. 6th- Feb. 7th, 2025

Lunch Menu



Monday	Try It Tuesday	Wednesday	Thursday	PIZZA Friday
<p>6</p> <p>Corn Dog or Ham and Cheese Craveable Garden Salad</p> <p>Featured Veggies: Steamed Corn Celery Sticks Featured Fruit Choice of Milk</p>	<p>7</p> <p>Pancakes Sausage Patty or Ham and Cheese Craveable Garden Salad</p> <p>Featured Veggies: Carrot Sticks Cucumber Slices Featured Fruit Choice of Milk</p>	<p>8</p> <p>Hamburger (Opt. Cheese) or Ham and Cheese Craveable Garden Salad</p> <p>Featured Veggies: Baked Beans Carrot Sticks Featured Fruit Choice of Milk</p>	<p>9</p> <p>Beefy Mac and Cheese or Ham and Cheese Craveable Garden Salad</p> <p>Featured Veggies: Steamed Green Beans Cucumber Slices Featured Fruit Choice of Milk</p>	<p>10</p> <p>Hand Tossed Pepperoni or Cheese Pizza or Ham and Cheese Craveable Garden Salad</p> <p>Featured Veggies: Cucumber Slices Side Salad Featured Fruit Choice of Milk</p>
<p>13</p> <p>Penne Pasta Meatsauce/ Chicken Alfredo or Ham and Cheddar Wrap Garden Salad</p> <p>Featured Veggies: Steamed Carrots Celery Sticks Featured Fruit Choice of Milk</p>	<p>14</p> <p>General Tso's Chicken Rice or Ham and Cheddar Wrap Garden Salad</p> <p>Featured Veggies: Steamed Broccoli Cucumber Slices Featured Fruit Choice of Milk</p>	<p>15</p> <p>Hot Dog on WG Bun or Ham and Cheddar Wrap Garden Salad</p> <p>Featured Veggies: Steamed Carrots Celery Sticks Featured Fruit Choice of Milk</p>	<p>16</p> <p>Chicken Noodle Soup Crackers or Ham and Cheddar Wrap Garden Salad</p> <p>Featured Veggies: Celery Sticks Cucumber Slices Featured Fruit Choice of Milk</p>	<p>17</p> <p>Hand Tossed Pepperoni or Cheese Pizza or Ham and Cheddar Wrap Garden Salad</p> <p>Featured Veggies: Cucumber Slices Side Salad Featured Fruit Choice of Milk</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>Nachos Grande Choice of: Beef or Chicken or Ham and American Sandwich Chef's Salad</p> <p>Featured Veggies: Steamed Corn Cucumber Slices Featured Fruit Choice of Milk</p>	<p>22</p> <p>Sloppy Joe Sandwich or Ham and American Sandwich Chef's Salad</p> <p>Featured Veggies: Steamed Green Beans Carrot Sticks Featured Fruit Choice of Milk</p>	<p>23</p> <p>Toasted Cheese Sandwich or Ham and American Sandwich Chef's Salad</p> <p>Featured Veggies: Tomato Soup Celery Sticks Featured Fruit Choice of Milk</p>	<p>24</p> <p>Hand Tossed Cheese Pizza or Ham and American Sandwich Chef's Salad</p> <p>Featured Veggies: Carrot Sticks Side Salad Featured Fruit Choice of Milk</p>
<p>27</p> <p>Corn Dog or Turkey and American Sandwich Garden Salad</p> <p>Featured Veggies: Steamed Corn Celery Sticks Featured Fruit Choice of Milk</p>	<p>28</p> <p>Meatball Sub or Turkey and American Sandwich Garden Salad</p> <p>Featured Veggies: Steamed Peas Carrot Sticks Featured Fruit Choice of Milk</p>	<p>29</p> <p>Early Dismissal 11:30</p>	<p>30</p> <p>BBQ Pulled Pork Sandwich or Turkey and American Sandwich Garden Salad</p> <p>Featured Veggies: Steamed Peas Cucumber Slices Featured Fruit Choice of Milk</p>	<p>31</p> <p>Hand Tossed Cheese Pizza or Turkey and American Sandwich Garden Salad</p> <p>Featured Veggies: Cucumber Slices Side Salad Featured Fruit Choice of Milk</p>
<p>3</p> <p>Hamburger (Opt. Cheese) on WG Bun or Bread Stick Dipper Craveable Chef's Salad</p> <p>Featured Veggies: Steamed Green Beans Cucumber Slices Featured Fruit Choice of Milk</p>	<p>4</p> <p>Chicken Patty Sandwich or Bread Stick Dipper Craveable Chef's Salad</p> <p>Featured Veggies: Cucumber Slices Carrot Sticks Featured Fruit Choice of Milk</p>	<p>5</p> <p>Mac and Cheese or Bread Stick Dipper Craveable Chef's Salad</p> <p>Featured Veggies: Steamed Carrots Celery Sticks Featured Fruit Choice of Milk</p>	<p>6</p> <p>Pancakes Sausage Patty or Bread Stick Dipper Craveable Chef's Salad</p> <p>Featured Veggies: Carrot Sticks Cucumber Slices Featured Fruit Choice of Milk</p>	<p>7</p> <p>Hand Tossed Pepperoni or Cheese Pizza or Bread Stick Dipper Craveable Chef's Salad</p> <p>Featured Veggies: Celery Sticks Side Salad Featured Fruit Choice of Milk</p>