



**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
Grilled Cheese FEATURED VEGGIES Tomato Soup Fresh Cucumber Slices	BBQ Pork Nachos FEATURED VEGGIES Steamed Corn Fresh Peppers	Indian Butter Chicken FEATURED VEGGIES Steamed Mixed Veggies Curried Chickpea Salad	Corn Dog FEATURED VEGGIES Lemon Parmesan Broccoli Celery Sticks with Ranch	Pizza Day FEATURED VEGGIES Roasted Green Beans Baby Carrots
13	14	15	16	17
Chicken Tenders FEATURED VEGGIES Oven Fries Chickpea Salad	Walking Taco FEATURED VEGGIES Mexicali Corn Seasoned Black Beans	Cheesesteak FEATURED VEGGIES Tater Tots Ranchero Carrots	Pasta Bar FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	Pizza Day FEATURED VEGGIES Roasted Green Beans Baby Carrots
20	21	22	23	24
General Tso's Chicken FEATURED VEGGIES Steamed Broccoli Cucumber Slices	Crumbled Cheeseburger Tater Tot Bowl FEATURED VEGGIES Chickpea Salad Golden Corn	French Toast Sticks with Sausage FEATURED VEGGIES Smiley Fries Carrot Sticks	Chicken Banh Mi FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw	Pizza Day FEATURED VEGGIES Steamed Green Beans Baby Carrots
27	28	29	30	
Breaded Chicken Drumsticks FEATURED VEGGIES Mashed Potatoes Baby Carrots	Nachos with Tortilla Chips FEATURED VEGGIES Seasoned Black Beans Tomato Salad	Turkey and Cheese Melt on a Croissant FEATURED VEGGIES Tater Tots Fresh Cucumber Slices	Cheeseburger Bar FEATURED VEGGIES Steamed Corn Fresh Pepper Slices	

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 1/4 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

Fresh Entree Salads, Cheeseburger, Cold Cut Sandwiches, Wraps, or Chicken Patty Sandwiches in Limited Quantities w/ Rotating Availability

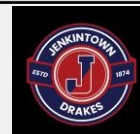
Metz Culinary at Jenkintown

Chris Talmadge, General Manager

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Meal Prices

Reduced Student Lunch	FREE
HS Student Lunch	\$3.35
ES Student Lunch	\$2.85
Faculty Lunch	\$4.65



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES