



**Meet Your Nutritious Friend:**  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>May 5<sup>th</sup></b> <b>Cinco de Mayo!</b></p>		<p>1 Pizza Day</p> <p><b>PBJ Uncrustable Craveable</b></p> <p><b>FEATURED VEGGIES</b> Roasted Green Beans Baby Carrots</p>
4	5	6	7	8
<p>Meatball Sandwich</p> <p><b>Super Fruit Craveable</b></p> <p><b>FEATURED VEGGIES</b> Oven Fries Fresh Pepper Strips</p>	<p>Walking Tacos</p> <p><b>Super Fruit Craveable</b></p> <p><b>FEATURED VEGGIES</b> Mexicali Fiesta Corn Elote Street Corn Salad</p>	<p>Hot Dog on a Roll</p> <p><b>Super Fruit Craveable</b></p> <p><b>FEATURED VEGGIES</b> Baked Beans Sliced Cucumbers</p>	<p>Grilled Cheese</p> <p><b>Super Fruit Craveable</b></p> <p><b>FEATURED VEGGIES</b> Tomato Soup Celery Sticks</p>	<p>Pizza Day</p> <p><b>Super Fruit Craveable</b></p> <p><b>FEATURED VEGGIES</b> Roasted Green Beans Baby Carrots</p>
11	12	13	14	15
<p>Turkey &amp; Cheese Melt on a Pretzel Bun</p> <p><b>Soft Pretzel Craveable</b></p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn</p>	<p>Pepper Steak &amp; Lo Mein</p> <p><b>Soft Pretzel Craveable</b></p> <p><b>FEATURED VEGGIES</b> Roasted Broccoli Pineapple Salad</p>	<p><b>Buffalo Chicken Dip</b></p> <p><b>Soft Pretzel Craveable</b></p> <p><b>FEATURED VEGGIES</b> Baked Beans Cucumber</p>	<p>French Toast w/ Turkey Sausage</p> <p><b>Soft Pretzel Craveable</b></p> <p><b>FEATURED VEGGIES</b> Seasoned Corn Celery Sticks</p>	<p>Pizza Day</p> <p><b>Soft Pretzel Craveable</b></p> <p><b>FEATURED VEGGIES</b> Roasted Green Beans Baby Carrots</p>
18	19	20	21	<b>COLOR DAY=NO LUNCH</b>
<p><b>General Tso Chicken</b></p> <p><b>Pizza Craveable</b></p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Veggies Fresh Green Peppers</p>	<p><b>NO SCHOOL</b></p>	<p><b>Dip n Dust Chicken Wings</b></p> <p><b>Pizza Craveable</b></p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Broccoli Salad</p>	<p>Corn Dog</p> <p><b>Pizza Craveable</b></p> <p><b>FEATURED VEGGIES</b> Oven Fries Coleslaw</p>	<p>Pizza Day</p> <p><b>Pizza Craveable</b></p> <p><b>FEATURED VEGGIES</b> Roasted Green Beans Baby Carrots</p>
25	26	27	28	<b>COLOR DAY=NO LUNCH</b>
<p><b>NO SCHOOL MEMORIAL DAY</b></p>	<p>Waffle w/ Turkey Sausage</p> <p><b>PBJ Uncrustable Craveable</b></p> <p><b>FEATURED VEGGIES</b> Tater Tots Sliced Cucumber</p>	<p>Walking Taco</p> <p><b>PBJ Uncrustable Craveable</b></p> <p><b>FEATURED VEGGIES</b> Tater Tots Tomato Salad</p>	<p>BBQ Rib Shaped Sandwich</p> <p><b>PBJ Uncrustable Craveable</b></p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks with Ranch</p>	<p>Pizza Day</p> <p><b>PBJ Uncrustable Craveable</b></p> <p><b>FEATURED VEGGIES</b> Roasted Green Beans Baby Carrots</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 1/2 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 white, fat-free chocolate, fat-free vanilla, fat-free strawberry

### CRAVEABLES

a build your own meal option for students, similar to those found in the prepared deli section of a supermarket

### Pizza Craveable

Turkey pepperoni, Flatbread, Mozzarella Cheese, Pizza Sauce, Apple Slices

### Soft Pretzel Craveable

2.2 oz Whole Grain Soft Pretzel with 4 oz Yogurt, String Cheese, Apple Slices

### PBJ Uncrustable Craveable

2.6 oz Whole Grain Uncrustable, Cheese Stick, Goldfish Crackers, Apple Slices

### SuperFruit Craveable

Apple Slices, Canned Peaches, 2 String Cheese, Goldfish Crackers

### Daily Alternates

Fresh Entree Salads, Cheeseburger, Cold Cut Sandwiches, Wraps, or Chicken Patty Sandwiches

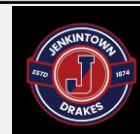
### Metz Culinary at Jenkintown

Chris Talmadge, General Manager

[Chris.Talmadge@metzcorp.com](mailto:Chris.Talmadge@metzcorp.com)

### 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