

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>Werkz: Cyclone Street Noodles!</b> Choice of lo mein or rice noodles, beef, chicken, pork, stir-fried cabbage, sauteed red pepper, veggie stir-fry, or steamed broccoli. Tossed with sweet chili, soy garlic, or orange sauce. Customizable for (V)					
	1	2	3	4	<b>What is a Meal?</b> You 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.
	Season Steak over French Fries  <b>FEATURED VEGGIES</b> Sweet Corn Veggie Patch	Loaded Pierogies with Garlic Stick  <b>FEATURED VEGGIES</b> Roasted Sweet Potato Veggie Patch	Buffalo chicken Dip over Tortilla chips  <b>FEATURED VEGGIES</b> Lemon-Parm Broccoli Veggie Patch	Season's Pizza Slice  <b>FEATURED VEGGIES</b> Side Salad Veggie Patch	
<b>Werkz: Texas Smokehouse!</b> Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of brioche roll, Texas toast, biscuits, and a variety of BBQ sauces.					
7	8	9	10	11	<b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry  <b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables  Weekly Cold Cut Sandwiches or Wraps Daily Alternates Fresh Entree Salads Garden Chicken Caesar, Chef Salad  Cold sandwiches, Italian Hoagie Turkey and cheese Hoagie Chicken Caesar Salad wrap Deli Bar Daily  Hot Sandwiches Chicken Patties burgers, taco Chicken Cheese wrap Chicken nuggets with roll Beef and Cheddar wrap Grilled Cheese Taco chicken cheese wrap Corn dogs Pizza Daily
Build Your Own Breakfast Sandwich  <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Veggie Patch	Indian Butter Chicken with Lemon Scented Rice & warm Flatbread  <b>FEATURED VEGGIES</b> Glazed Carrots Veggie Patch	Hawaiian Pork Sandwich on Toasted Ciabatta  <b>FEATURED VEGGIES</b> Sweet Potato Fries Fresh Pineapple Slaw	Fresh Dough Classic Stromboli  <b>FEATURED VEGGIES</b> Roasted Zucchini Fresh Cucumbers	Season's Pizza Slice  <b>FEATURED VEGGIES</b> Side Salad Veggie Patch	
<b>Werkz: Mac &amp; Cheese!</b> Choice of house made cheese sauce, taco beef, pulled pork, buffalo chicken, or chili. Topped with roasted lemon-parmesan broccoli, sauteed red peppers, and choice of shredded cheese. Served with a whole grain dinner roll. Customizable for (V)					
14	15	16	17	18	
Chicken Nuggets with Buttered Noodles  <b>FEATURED VEGGIES</b> Steamed Broccoli Veggie Patch	Mozzarella Sticks with Pasta Marinara  <b>FEATURED VEGGIES</b> BBQ Baked Beans Veggie Patch	Chimichurri Pork Soft Tacos with Mango Salsa  <b>FEATURED VEGGIES</b> Steamed Golden Corn Veggie Patch	Season's Pizza Slice  <b>FEATURED VEGGIES</b> Side Salad Veggie Patch	No School	
<b>Werkz: Shawarma!</b> Choice of beef kofta meatballs, chicken shawarma, or falafel (V) over lemon-scented rice or pita. Choice of feta, pickled onions, diced tomato and cucumber, black olives, romaine, tzatziki sauce, or spicy harissa sauce.					
21	22	23	24	25	
Spring Vacation	Spring Vacation	Spring Vacation	Spring Vacation	Spring Vacation	
<b>Werkz: Pasta!</b> Choice of two daily pasta, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
28	29	30			
General Tso's Chicken over White Rice  Steamed Edamame over White Rice (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad	Beef Enchilada Black Bean Enchilada (V)  <b>FEATURED VEGGIES</b> Curly Fries Black Bean Salsa	Orange Chicken with Scallions over White Rice  <b>FEATURED VEGGIES</b> Seasoned Green Beans Cucumber & Tomato Salad			
<b>Your Team</b> Name Here, Food Service Director 000.000.0000 ext. 0000 <a href="mailto:ma0000@metzcorp.com">ma0000@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch \$4.10-\$4.60 Reduced Lunch \$0.00 Faculty Lunch \$4.60-\$5.00		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

