

BABY



Black Bean

Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Asian Sesame Chicken over Rice</p> <p>Walking Taco Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>2</p> <p>Early Dismissal French Toast w/ Sausage</p> <p>FEATURED VEGGIES Tri Tator Hash Browns</p>	<p>3</p> <p>No School</p>
<p>6</p> <p>No School</p>	<p>7</p> <p>Beef or Chicken Soft Tacos</p> <p>Super Fruit Craveable</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>8</p> <p>Cowboy Burger</p> <p>Super Fruit Craveable</p> <p>FEATURED VEGGIES Glazed Carrots</p>	<p>9</p> <p>Mac & Cheese w/ Dinner Roll</p> <p>Super Fruit Craveable</p> <p>FEATURED VEGGIES Broccoli</p>	<p>10</p> <p>Stuffed Crust Pizza</p> <p>Super Fruit Craveable</p> <p>FEATURED VEGGIES Oven Brownd Sweet Potato</p>
<p>13</p> <p>Sloppy Joe on Roll</p> <p>Pizza Craveable</p> <p>FEATURED VEGGIES Green Peas</p>	<p>14</p> <p>Walking Taco w/ Pretzel Stick</p> <p>Pizza Craveable</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>15</p> <p>Pierogies w/ Butter & Onions w/ Dinner Roll</p> <p>Pizza Craveable</p> <p>FEATURED VEGGIES Ranchero Carrots</p>	<p>16</p> <p>Chicken & Waffles</p> <p>Pizza Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>17</p> <p>Cheesy Pizza Crunchers w/ sauce</p> <p>Pizza Craveable</p> <p>FEATURED VEGGIES Sidewinder Fries</p>
<p>20</p> <p>Chicken Patty on a Bun</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Broccoli</p>	<p>21</p> <p>Nachos Grande</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>22</p> <p>Ravioli w/ Sauce Breadstick</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Glazed Carrot</p>	<p>23</p> <p>Fish Sticks or Corn Dog Nuggets w/ Dinner Roll</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Steamed Peas</p>	<p>24</p> <p>Cheese Pizza</p> <p>Soft Pretzel Craveable</p> <p>FEATURED VEGGIES Oven Fries</p>
<p>27</p> <p>Popcorn Chicken with Roll</p> <p>Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Mashed Potatoes</p>	<p>28</p> <p>Walking Taco w/ Pretzel Stick</p> <p>Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Golden Corn</p>	<p>29</p> <p>Chicken Cheesesteak</p> <p>Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Ranchero Carrots</p>	<p>30</p> <p>Beefaroni w/ Breadstick</p> <p>Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Steamed Green Beans</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 white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps

****Subject to change****

Your Team

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Meal Prices

Student Lunch \$2.15
Reduced Lunch \$0.00
Faculty Lunch \$4.85



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES