



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Chefs Choice FEATURED VEGGIES Veggie	3 Chefs Choice FEATURED VEGGIES Veggie	4 Chefs Choice FEATURED VEGGIES Veggie	5 Chefs Choice FEATURED VEGGIES Veggie	6 	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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, chocolate, Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
9	10	11	12	13	
16	18	19	20	27	
23	24	25	26	30	

Enjoy Your Summer!

Your Team

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Meal Prices

Student Breakfast	\$2.15
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.50



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES