

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No School	Beef or Chicken Nachos Grande	Super Sub Turley & Cheese	Sausage, Egg & Cheese on a Bagel	Fiesta Pizza
	FEATURED VEGGIES Ranch Refried Bean Dip Lettuce & Tomato	FEATURED VEGGIES Oven Fries Baby Carrots	FEATURED VEGGIES Tri Hash Brown Baked Beans	FEATURED VEGGIES Roasted Garlic Zucchini Side Caesar Salad
	Day 1	Day 2	Day 3	Day 4
8	9	10	11	12
Chicken Nuggets with Buttered Noodles	Soft Tacos or Nachos with Ranch Refried Bean Dip (V)	Spaghetti w/ Meat Sauce Garlic Toast	Christmas Holiday Meal <i>Roasted Pork Loin</i>	Baja Fish Sandwich on Whole Grain Bun
FEATURED VEGGIES Baby Carrots Baked Beans Day 5	FEATURED VEGGIES Steamed Golden Corn Lettuce & Tomato Day 6	FEATURED VEGGIES Side Salad Peas Day 1	<i>Mashed Potatoes, Gravy, Stuffing Green Beans & Roll Day 2</i>	FEATURED VEGGIES Roasted BBQ Cauliflower Celery & Peanut Butter Day 3
15	16	17	18	19
Chef's Choice Day 4	Chef's Choice Day 5	Chef's Choice Day 6	Chef's Choice Day 1	Chef's Choice Day 2
22	23	24	25	26
		Merry Christmas!! <i>No School 12/22/25 - 1/2/26</i>		
29	30	31	1	2

Alternatives

Week 1: Chicken Patty
Week 2: Grilled Chicken
Week 3: Chef's Choice

Happy New Year!!

Your Team
Bob DuFour--Food Service Director
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Meal Prices
Student Lunch \$3.10
Reduced Lunch \$4.40



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 May Include:

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 May Include:

White, Chocolate, or Strawberry

Daily Alternates May Include:

Assorted Salads, Sandwiches or Pizza

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

