




**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 BBQ Ribby Sandwich FEATURED VEGGIES Buttered Peas Buttered Noodles	2 Cheeseburger FEATURED VEGGIES Waffle Fries Glazed Carrots	3 Stuffed Crust Pizza FEATURED VEGGIES Mixed Vegetables Side Salad	4 Walking Taco FEATURED VEGGIES Garbanzo Bean Salad Seasoned Rice	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
7 Chicken Sandwich FEATURED VEGGIES Cheesy Broccoli Fries	8 Buffalo Chicken Dip w/ Tortilla Chips FEATURED VEGGIES Buttered Corn Seasoned Rice	9 Pancake Wrap FEATURED VEGGIES Tater Tots Honey Glazed Carrots	10 Pulled Pork over Macaroni & Cheese FEATURED VEGGIES Buttered Peas Side Salad	11 Tot Chos w/ Taco Meat & Cheese Sauce over Tots FEATURED VEGGIES Tater Tots Black Bean & Corn Salad	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate
14 Meatball Sub Sandwich FEATURED VEGGIES Pasta Salad Garlic Parmesan Broccoli	15 Easter Dinner – Ham w/ Dinner Roll FEATURED VEGGIES Sweet Potato Casserole Seasoned Corn	16 Toasted 3 Cheese Sandwich FEATURED VEGGIES Tomato Soup Glazed Carrots	17 NO SCHOOL	18 NO SCHOOL	Daily Alternates Fresh Chef Salad Craveable of the Week Chicken Nuggets w/ Dinner Roll
21 NO SCHOOL	22 Stuffed Crust Pizza FEATURED VEGGIES Seasoned Rice Buttered Broccoli	23 Popcorn Chicken Mashed Potato Bowl w/ Roll FEATURED VEGGIES Mashed Potatoes & Gravy Seasoned Corn	24 Pulled Pork Tacos FEATURED VEGGIES Coleslaw BBQ Baked Beans	25 Cheeseburger FEATURED VEGGIES Broccoli Cheese Soup Fries	
28 Chicken & Gravy over Honey Wheat Biscuit FEATURED VEGGIES Broccoli Salad Zesty Green Beans	29 Nacho Grande FEATURED VEGGIES Seasoned Rice Seasoned Corn	30 Chicken Sandwich FEATURED VEGGIES Curly Fries Mixed Vegetables	CRAVEABLES 1 ST -4 TH SOT PRETZEL 7 TH -11 TH PEPPERONI & CHEESE 14 TH -18 TH WALKING TACO 21 ST -25 TH BREADSTICK 28 TH -30 TH PIZZA		(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
Your Team Jennifer Bell, General Manager 724.752.1591 ext. 3020 ma1107@metzcorp.com			Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$4.75		

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