

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of $1 / 2$ cup serving of fruit or a minimum of a $1 / 2$ cup of vegetable must accompany a reimbursable lunch.

Meat or Meat Alternate
Choice of Vegetable Choice of Fruit Grain/Bread
Choice of Milk - 1\% White, Fat-Free Chocolate \& White

Daily Vegetable Choices May Include:
Spinach, Broccoli, Romaine Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans and Green Peppers

Daily Fruit Choices May Include: Oranges, Apples, Bananas, Grapes, Pears, Peaches, Strawberries, Applesauce, Pineapple, 100\% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home Daily entrée options may include: Whole Grain Chicken Patty on a Bun w/ a side of Lettuce \& Tomato Whole Grain Chicken Nuggets w/ Whole Grain Soft Pretzel Assorted Fresh Dough PIzza Smucker's Uncrustable Peanut Butter \& Jelly Sandwich Salad Bar

A variety of salads, sandwiches and subs offered daily.

Menu subject to change due to availability.

## (1)2. Metz

Jennifer Johns: General Manager Jean Viglione: Registered Dietitian Shawn Leh: Chef Manager Jess Kremer: Chef Manage
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