

## LUNCH PRICES

Meal Deal \$3.60

- Entrée \$2.50
- Side Dishes \$1.25
- Milk \$0.75 (Lactose or Soy Milk does not apply to the meal deal.)

PLEASE CHOOSE 3 OF 5 ITEMS FOR THE MEAL DEAL PRICE:

- ENTRÉE,
- CHOICE OF ONE FRUITS AND/OR VEGETABLES
- CHOICE OF MILK, (1%, 2%, or Low Fat Chocolate) or Soy Milk
- 16 oz. water or Juice box

Fruit Choice May Include :

- Fresh Fruit
- Fruit Cup

Vegetable Choices May Include :

- Hot Vegetables
- Tossed Salad
- Potato Salad
- Cole Slaw
- Carrot Sticks
- Celery Sticks
- Oven Fries
- Tater Tots

MENU SUBJECT TO CHANGE!

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Steps to a healthier you!

Soups Made  
Fresh Daily!!

# NOVEMBER 2018

BREAKFAST SERVED DAILY FROM 7:30 a.m.—8:15 a.m.

- English Muffin w/ Egg, Cheese, Sausage or Bacon.
- Yogurt
- Fresh Fruit
- Scone
- Juice
- Milk

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>MAIN PLATE</b> Ham & Cheese on a Pretzel Bun <b>BRAVO</b> Chef's Choice <b>SIDES</b> Cheesy Potatoes, Fresh Veggie Cup, or Milk	2 <b>HALF DAY</b>  <b>OPEN HOUSE</b> <b>SUNDAY, NOVEMBER 4</b>
5 <b>NO SCHOOL</b>	6 <b>MAIN PLATE</b> Beef Taco <b>BRAVO</b> Nachos <b>SIDES</b> Garden Salad, Fruit Cup, Juice Box, Water (16oz), or Milk <b>NACHO DAY!!</b>	7 <b>THANKSGIVING</b> <b>FEAST</b> <ul style="list-style-type: none"> <li>• Turkey,</li> <li>• Stuffing,</li> <li>• Mashed potato,</li> <li>• Corn and</li> <li>• Dessert</li> </ul> <b>ALL FOR \$5.00</b>  <b>DRINK NOT INCLUDED</b>	8 <b>MAIN PLATE</b> Chicken Nuggets <b>BRAVO</b> Chef's Choice <b>SIDES</b> Oven Fries, Juice Box, Small Water, or Milk	9 <b>MAIN PLATE</b> Goulash w/ Roll <b>BRAVO</b> Homemade Pizza <b>SIDES</b> Garden Salad, Fruit Cup, Juice Box, Water (16oz), or Milk
12 <b>MAIN PLATE</b> General Tao w/ Rice <b>BRAVO</b> Egg Roll <b>SIDES</b> Broccoli, Fruit Cup, Vegetable Egg Roll, Small Water, or Milk	13 <b>MAIN PLATE</b> Chicken & Biscuit <b>BRAVO</b> Barbeque Ribs <b>SIDES</b> Mashed Potatoes, Fruit Cup, Juice Box, Small Water, or Milk	14 <b>MAIN PLATE</b> Ham & Cheese on a Pretzel Bun <b>BRAVO</b> Chef's Choice <b>SIDES</b> Cheesy Potatoes, Fresh Veggie Cup, or Milk	15 <b>MAIL PLATE</b> Italian Chicken <b>BRAVO</b> Corn Dog <b>SIDES</b> Seasoned Green Beans, Buttered Noodles, Fresh Water (16oz), or Milk	16 <b>MAIN PLATE</b> Grilled Cheese w/ Tomato Soup <b>BRAVO</b> Fish Sandwich <b>SIDES</b> Oven Fries, Fruit Cup, Broccoli, Small Water, or Milk
19 <b>MAIN PLATE</b> Chicken Nuggets <b>BRAVO</b> Chef's Choice <b>SIDES</b> Oven Fries, Juice Box, Small Water, or Milk	20 <b>MAIN PLATE</b> Goulash w/ Roll <b>BRAVO</b> Homemade Pizza <b>SIDES</b> Garden Salad, Fruit Cup, Juice Box, Water (16oz), or Milk	21 <b>HALF DAY</b>	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>
26 <b>NO SCHOOL</b>	27 <b>MAIN PLATE</b> General Tao w/ Rice <b>BRAVO</b> Egg Roll <b>SIDES</b> Broccoli, Fruit Cup, Vegetable Egg Roll, Small Water, or Milk	28 <b>MAIN PLATE</b> Ham & Cheese on a Pretzel Bun <b>BRAVO</b> Chef's Choice <b>SIDES</b> Cheesy Potatoes, Fresh Veggie Cup, Milk	29 <b>MAIN PLATE</b> Goulash w/ Roll <b>BRAVO</b> Homemade Pizza <b>SIDES:</b> Garden Salad, Fruit Cup Juice Box, Small Water, or Milk	30 <b>MAIN PLATE</b> Grilled Cheese w/ Tomato Soup <b>BRAVO</b> Fish Sandwich <b>SIDES</b> Oven Fries, Fruit Cup, Broccoli, Water, or Milk

### LAKER GRILL

- Regular or Spicy Chicken Breast Pattie
- Fresh Beef Burger
- Smith's Hotdog

**BRAVO**  
Refer to menu

### SALAD BAR \$4.25

Mixed Greens with a Variety of Toppings and Dressings

### SOUP \$2.50

Fresh Soups Made Daily  
Half Soup: \$1.75

**UP FOR GRABS**  
Varies Daily  
Monday thru Friday

- Fresh Salads with or without meat
  - Chicken
  - Garden
  - Caesar
- Deli Sandwiches
  - Egg
  - Tuna
  - Meat
- Wraps
- Yogurt
- Fresh Fruit
- Milk
- Juice

**METZ CULINARY:**  
WISHES YOU A  
BLESSED  
THANKSGIVING !!