

LUNCH PRICES

Meal Deal \$3.60

- Entrée \$2.50
- Side Dishes \$1.25
- Milk \$0.85

DAIRY EASE OR SOY MILK DOES NOT APPLY

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

- ENTRÉE,
- CHOICE OF ONE FRUITS AND/OR VEGETABLES
- CHOICE OF BREAD
- CHOICE OF MILK, (1%, 2%, or Low Fat Chocolate)
- 16 oz. Water

Fruit Choice May Include :

- Fresh Fruit
- Fruit Juice

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!

GRILL:
PLAIN OR SPICY CHICKEN BREAST!!
SERVED DAILY!!

FEBRUARY 2019

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

- Bagel w/ Egg, Cheese, Sausage or Bacon.
- Yogurt
- Fresh Fruit
- Yogurt
- Juice
- Milk
- Muffins: Blueberry, Chocolate Chip
- Scone
- Whole Grain Donut

Monday	Tuesday	Wednesday	Thursday	Friday
				1 EARLY DISMISSAL TOUCH OF CLASS DAY
4 MAIN PLATE General Tao w/Rice BRAVO Egg Roll SIDES Seasoned Broccoli, Fruit, or Milk National Chop Stick Day	5 MAIN PLATE Beef Taco BRAVO Nachos SIDES Garden Salad, Fruit Cup, Juice Box, Water (16oz), or Milk Homemade Soup Day LUNAR NEW YEAR	6 MAIN PLATE Goulash w/ Roll BRAVO Home Made Pizza SIDES Side Salad, Fruit Cup, or Milk National Pizza Day	7 MAIN PLATE Chicken Alfredo w/ Roll BRAVO Chef's Choice SIDES Garden Salad, Fruit Cup, Juice Box, Water (16oz), or Milk National Alfredo Day	8 MAIN PLATE Italian Grilled Chicken BRAVO Chef's Choice SIDES Vegetable, Seasoned Noodles, or Milk
11 MAIN PLATE Chicken Nuggets BRAVO Corn Dog SIDES Oven Fries, Fruit, Water, or Milk	12 MAIN PLATE Cheesy Chicken Quesadilla BRAVO Chef's Choice SIDES Fruit Cup, Juice Box, Water (16oz), or Milk	13 MAIN PLATE Ham & Cheese on Pretzel Bun BRAVO Chef's Choice SIDES Oven Fries, Fruit Cup, Juice Box, Water (16oz), or Milk	14 MAIN PLATE BBQ Ham BRAVO Chef's Choice SIDES Oven Fries, Fruit Cup, Juice Box, Water (16oz), or Milk	15 NO SCHOOL IN SERVICE
18 MAIN PLATE General Tao w/ Rice BRAVO Egg Roll SIDES Seasoned Broccoli, Fruit, or Milk	19 MAIN PLATE Sloppy Joe Sandwich BRAVO Chef's Choice SIDES Juice Box, Water (16oz), or Milk	20 MAIN PLATE Grilled Cheese BRAVO Chef's Choice SIDES Oven Fries, Fruit Cup, Juice Box, Water (16oz), or Milk	21 MAIN PLATE Goulash w/ Roll BRAVO Home Made Pizza SIDES Side Salad, Fruit Cup, or Milk	22 MAIN PLATE Lemon Butter Fish BRAVO Breaded Fish SIDES Seasoned Noodles, Broccoli, Fruit, or Milk
25 MAIN PLATE General Tao w/ Rice BRAVO Egg Roll SIDES Seasoned Broccoli, Fruit, or Milk	26 MAIN PLATE Freshly Made Hamburger BRAVO Corn Dog SIDES Oven Fries, Vegetable, Fruit Cup, or Milk	27 MAIN PLATE Beef Taco BRAVO Nachos SIDES Garden Salad, Fruit Cup, Juice Box, Water (16oz), or Milk National Strawberry Day	28 MAIN PLATE Oven Fried Chicken BRAVO Chef's Choice SIDES Seasoned Green Beans, Garlic Buttered Noodles, Water, or Milk	March 1 EARLY DISMISSAL

LAKER GRILL

- Regular or Spicy Chicken Breast Pattie

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

Metz Culinary Management
 wishes everyone a
HAPPY VALENTINES DAY !!!