



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Breakfast Pizza	Egg & Cheese Croissant	Chocolate Chip French Toast	Strawberries & Cream Overnight Oats Cup with Graham Crackers
	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
8	9	10	11	12
Glazed Dunkin Sticks	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
15	16	17	18	19
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Maple Flatbread	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
22	23	24	25	26
Mini Cinni Rolls	Breakfast Pizza	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
29	30	1	2	3
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Maple Flatbread	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate,

(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

Meal Prices

Student Breakfast	Free
Reduced Breakfast	\$1.50
Faculty Breakfast	\$3.00



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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Chicken & Cheese Quesadilla	Asian Sesame Chicken over Rice	Hot Ham & Cheese on Pretzel Roll	Cheese Pizza Sticks with Dipping Sauce
	Southwestern Black Bean & Cheese Burrito	Cheeseburger on a Bun	Buffalo Chicken Dip over Tortilla Chips	Apple Butter Pork over Tortilla Chips
	FEATURED VEGGIES Street Corn Salad Salsa	FEATURED VEGGIES Steamed Broccoli Carrot Sticks	FEATURED VEGGIES Baked Beans Mandarin Spring Salad	FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad
8	9	10	11	12
Toasted Cheese Sandwich	Welcome to the Carnival Corn Dog	Cowboy Burger On a Bun	Italian Super Sub	Pepperoni Pizza
Chicken Nuggets with Roll	Nachos Grande w/ Tortilla Chips	Indian Butter Chicken over Brown Rice	Chicken Tenders with Soft Pretzel	Cheddar Cheese Flatbread Quesadilla
FEATURED VEGGIES Tomato Soup Tater Tots	FEATURED VEGGIES Refried Beans Lettuce & Tomato	FEATURED VEGGIES Glazed Carrots Broccoli Salad	FEATURED VEGGIES Curly Fries Apple Cider Slaw	FEATURED VEGGIES Oven Brownd Sweet Potato Corn Salad
15	16	17	18	19
Classic Sloppy Joe on Brioche Roll	Chicken Patty on a Bun	Cheesesteak on a Roll	Meatballs or Chicken Alfredo over Penne Pasta with Garlic Bread	Fiestada Pizza
Citrus Mojo Chicken with Dinner Roll	Walking Taco with Pretzel Stick	Smoky 3-Bean Chili with Goldfish Crackers	Hot Dog on a Bun	Smothered Pierogies
FEATURED VEGGIES Oven Fries Chickpea Salad	FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	FEATURED VEGGIES Tater Tots Ranchero Carrots	FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	FEATURED VEGGIES Cherry Tomatoes Cucumber Slices
22	23	24	25	26
Cheeseburger on a Bun	Beef Taco on a Soft Tortilla	French Toast Sticks with Sausage Links	Cheesesteak Sub	Cheesy Pizza
Orange Chicken over Rice	Chicken Enchilada Soup with Tortilla Chips	Breakfast Wrap	Mac & Cheese	Corn Dog
FEATURED VEGGIES Mashed Potatoes Baby Carrots	FEATURED VEGGIES Latin-Inspired Beans Golden Corn	FEATURED VEGGIES Tri Patty Taters Carrot Sticks	FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw	FEATURED VEGGIES Steamed Green Beans Baby Carrots
29	30	1	2	3
Chicken & Mashed Potato Bowl with Roll	Fish Tacos on Soft Tortillas	Egg & Cheese Waffle Flatbread Sandwich	Chicken Patty on a Bun	Toasted Pizza Flatbread Sandwich
Hot Ham & Cheese on Pretzel Bun	Nachos Grande over Tortilla Chips	Mini Maple Pancakes with Sausage Patties	Cheese Lasagna with Garlic Breadstick	Italian Dunkers with Sauce
FEATURED VEGGIES Mashed Potatoes Baby Carrots	FEATURED VEGGIES Latin-Inspired Beans Tomato Salad	FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	FEATURED VEGGIES Steamed Corn Romaine Salad	FEATURED VEGGIES Diced Tomatoes Roasted Zucchini

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

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white , fat-free chocolate,

Daily Alternates

Fresh Entree Salad of the Week
Craveables
PB&J Uncrustables

(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

Meal Prices

Student Lunch	Free
Extra Lunch	\$3.00
Faculty Lunch	\$4.85



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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