



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Pepperoni Pizza</p> <p>Italian Dunkers with Sauce</p> <p><b>FEATURED VEGGIES</b> Corn Cucumber Slices</p>
<p>4</p> <p>Mac &amp; Cheese with Dinner Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Red Pepper Strips</p>	<p>5</p> <p>Walking Taco with Pretzel Stick</p> <p>Corn Dog</p> <p><b>FEATURED VEGGIES</b> Refried Beans Baby Carrots</p>	<p>6</p> <p>Pizza Casserole</p> <p>BBQ Ribby</p> <p><b>FEATURED VEGGIES</b> Green Beans Green Pepper Strips</p>	<p>7</p> <p>Cheese Pizza</p> <p>Buffalo Chicken Flatbread</p> <p><b>FEATURED VEGGIES</b> Au Gratin Potatoes Fresh Broccoli</p>	<p>8</p> <p><b>Family Picnic</b></p> <p>Baked Chicken, Hamburgers, Hot Dogs</p> <p><b>FEATURED VEGGIES</b> Baked Beans Pasta Salad</p>
<p>11</p> <p>Chicken Alfredo with Breadstick</p> <p>Cheeseburger on a Bun</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Baby Carrots</p>	<p>12</p> <p>Toasted Cheese</p> <p>Turkey &amp; Cheese Croissant</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Cucumbers</p>	<p>13</p> <p>Mashed Potato Bowl with Roll</p> <p>Cheese Steak on a Roll</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Steamed Corn</p>	<p>14</p> <p>Hot Ham &amp; Cheese on a Pretzel Roll</p> <p>Buffalo Chicken Dip over Tortilla Chips</p> <p><b>FEATURED VEGGIES</b> Baked Beans Cherry Tomatoes</p>	<p>15</p> <p>Pepperoni Pizza</p> <p>Chicken Quesadilla</p> <p><b>FEATURED VEGGIES</b> Cheesy Broccoli Celery Sticks</p>
<p>18</p> <p>Baked Ziti with Breadstick</p> <p>Chef's Choice</p> <p><b>FEATURED VEGGIES</b> Green Beans Side Salad</p>	<p>19</p> <p>Nachos Grande with Tortilla Chips</p> <p>Chef's Choice</p> <p><b>FEATURED VEGGIES</b> Refried Beans Lettuce &amp; Tomato</p>	<p>20</p> <p>Buffalo Chicken Wrap</p> <p>Chef's Choice</p> <p><b>FEATURED VEGGIES</b> Corn Broccoli Salad</p>	<p>21</p> <p>Turkey Super Sub</p> <p>Chef's Choice</p> <p><b>FEATURED VEGGIES</b> Curly Fries Cucumbers</p>	<p>22</p> <p>Pepperoni Pizza</p> <p>Chef's Choice</p> <p><b>FEATURED VEGGIES</b> Oven Browned Sweet Potato Tomato Wedges</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

### 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, fat-free strawberry

### Daily Alternates

Fresh Entree Salad of the Week  
Craveables

Weekly Cold Cut Sandwiches & Wraps

### Weekly Craveables

- Week 1.- Pizza Crave
- Week 2.- Nacho Crave
- Week 3.- Breadstick Crave
- Week 4.- Yogurt Crave

### MUASD

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### Meal Prices

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



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES