

BABY



Black Bean

Meet Your Nutritious Friend:  
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 	3 
6 	7 Nachos Grande with Tortilla Chips OR Chicken Corn Dog  <b>FEATURED VEGGIES</b> Baked Black Beans Cauliflower Florets	8 French toast sticks with Chicken Sausage OR Chicken Corn Dog  <b>FEATURED VEGGIES</b> Baked Potato Smiles Fresh Cucumber slices	9 Cheese Lasagna with Breadstick OR Chicken Corn Dog  <b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots	10 Toasted Pizza Flatbread Sandwich OR Chicken Corn Dog  <b>FEATURED VEGGIES</b> Roasted Zucchini Sweet Bell Peppers
13 Italian Meatballs & Cheese on a Roll OR Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Oven Crinkle Fries Celery Sticks	14 Walking Taco & Pretzel Rod OR Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Baked Beans Fresh Broccoli Florets	15 Penne Pasta w/ Meat Sauce OR Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Steamed Garden Peas Grape Tomatoes	16 Turkey Hot Dog OR Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Steamed Carrots Cauliflower Florets	17 Pepperoni Pizza Bagel OR Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Steamed Mixed Veg Fresh Cucumber Slices
20 Asian Sesame Chicken over Rice OR Cheeseburger  <b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots	21 Chicken & Cheese Quesadilla Or Cheeseburger  <b>FEATURED VEGGIES</b> Refried Beans Sweet Bell Peppers	22 Pancakes w/ Chicken Sausage OR Cheeseburger  <b>FEATURED VEGGIES</b> Baked Tater Tots Celery Sticks	23 Ham & Cheese on Pretzel Roll OR Cheeseburger  <b>FEATURED VEGGIES</b> Steamed Garden Peas Mandarin Spring Salad	24 Cheese Pizza Sicks w/ dipping sauce OR Cheeseburger  <b>FEATURED VEGGIES</b> Steamed Green Beans Grape Tomatoes
27 Chicken Corn Dog OR Yogurt & Cheese Stick Craveable  <b>FEATURED VEGGIES</b> Steamed Yellow Corn Cauliflower Florets	28 Beef Soft Taco OR Yogurt & Cheese Stick Craveable  <b>FEATURED VEGGIES</b> Refried Beans Fresh Cucumber Slices	29 Toasted Cheese Sandwich OR Yogurt & Cheese Stick Craveable  <b>FEATURED VEGGIES</b> Baked Potato Smiles Fresh Broccoli Florets	30 Chicken Tenders w/ Pretzel Rod OR Yogurt & Cheese Stick Craveable  <b>FEATURED VEGGIES</b> Country Mashed Potato Sweet Bell Peppers	

### 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, seasonal fresh vegetables

### Choice of Fruit

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

### Choice of Milk

1% white, 1% Chocolate, 1% Vanilla, 1% Strawberry

### Daily Alternates

Weekly Cold Cut Sandwiches  
WOW butter & Jelly Jammers

## Metz Culinary Management

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**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES