

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Chef's Choice	3 Chef's Choice	4 Chef's Choice	5 Chef's Choice	6 Chef's Choice	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 - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate, and strawberry
9 Chef's Choice					
16					
23					
30					

Ariel Cowperthwait, General Manager
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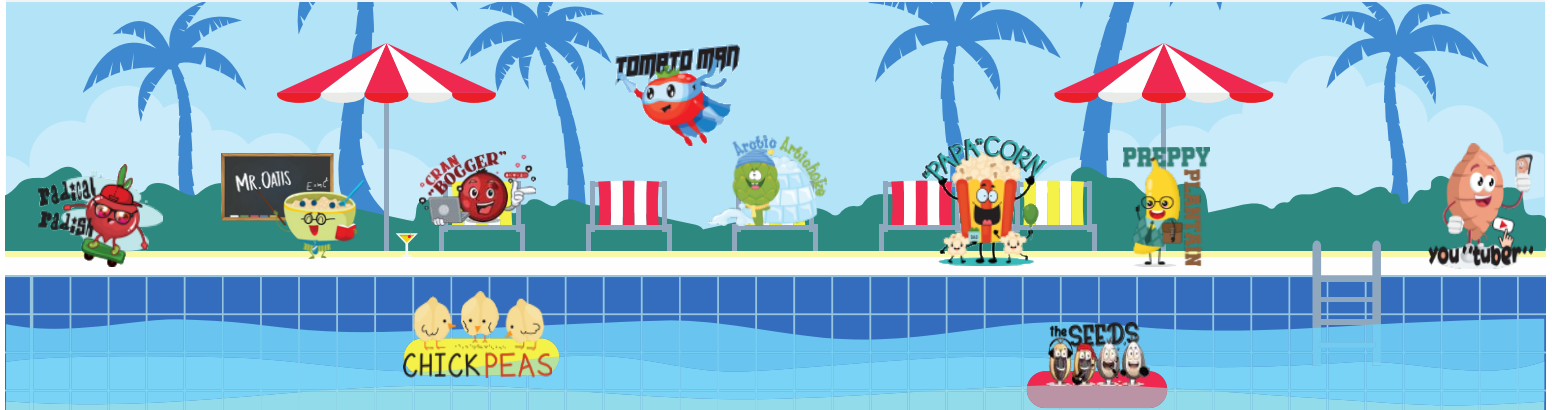
Meal Prices


Student Breakfast
Faculty Breakfast

FREE
\$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	3 Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	4 Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	5 Half Day! Bagged Lunch	6 Half Day! Bagged Lunch	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, chocolate, and strawberry Weekly Alternates 2-4: Chef's Choice (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
9 Half Day! Bagged Lunch					
16					
23					
30					

Your Team

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Meal Prices

Student Lunch	FREE
Faculty Lunch	\$4.75



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