



**BABY**

**Black Bean**

**Meet Your Nutritious Friend:  
Baby Black Bean**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
|  |  | 1   | 2   | 3  |
| <b>HAPPY SPRING BREAK!</b>   |  |   |   |  |
| 6<br>NO SCHOOL   | 7<br>Nachos Grande<br>Soft Pretzel & Yogurt Craveable<br>Strawberry Parfait<br><b>FEATURED VEGGIES</b><br>Refried Beans<br>Lettuce & Tomato  | 8<br>Spaghetti & Meatballs<br>Soft Pretzel & Yogurt Craveable<br>Strawberry Parfait<br><b>FEATURED VEGGIES</b><br>Glazed Carrots<br>Celery Sticks             | 9<br>Chicken Patty on a Bun<br>Soft Pretzel & Yogurt Craveable<br>Strawberry Parfait<br><b>FEATURED VEGGIES</b><br>Curly Fries<br>Broccoli Salad        | 10<br>Cheese Pizza<br>Soft Pretzel & Yogurt Craveable<br>Strawberry Parfait<br><b>FEATURED VEGGIES</b><br>Roasted Broccoli<br>Sliced Cucumbers |
| 13<br>Waffles w/ Turkey Sausage<br>Nugget Dipper<br>Chicken Salad Sandwich<br><b>FEATURED VEGGIES</b><br>Hashbrowns<br>Chickpea Salad              | 14<br>Walking Taco with Pretzel Stick<br>Nugget Dipper<br>Chicken Salad Sandwich<br><b>FEATURED VEGGIES</b><br>Mexicali Corn<br>Baby Carrots | 15<br>Meatball Sub<br>Nugget Dipper<br>Chicken Salad Sandwich<br><b>FEATURED VEGGIES</b><br>Ranchero Carrots<br>Celery Sticks                                 | 16<br>Chicken Alfredo with Garlic Breadstick<br>Nugget Dipper<br>Chicken Salad Sandwich<br><b>FEATURED VEGGIES</b><br>Steamed Peas<br>Tomato Mozz Salad | 17<br>Cheese Pizza<br>Nugget Dipper<br>Chicken Salad Sandwich<br><b>FEATURED VEGGIES</b><br>Steamed Broccoli<br>Cherry Tomatoes                |
| 20<br>Chicken Nuggets w/ Dinner Roll<br>Italian Craveable<br>Crispy Chicken Salad<br><b>FEATURED VEGGIES</b><br>Mashed Potatoes<br>Cucumber Slices | 21<br>Nachos Grande<br>Italian Craveable<br>Crispy Chicken Salad<br><b>FEATURED VEGGIES</b><br>Black Beans<br>Toss Salad                     | 22<br>French Toast Sticks with T Sausage Patties<br>Italian Craveable<br>Crispy Chicken Salad<br><b>FEATURED VEGGIES</b><br>Steamed Corn<br>Green Garden Peas | 23<br><b>Early Dismissal</b><br>Muffin & Yogurt Craveable   | 24<br>NO SCHOOL  |
| 27<br>Popcorn Chicken with Roll<br>Pizza Craveable<br>Blueberry Parfait<br><b>FEATURED VEGGIES</b><br>Mashed Potatoes<br>Baby Carrots              | 28<br>Beef & Cheese Quesadilla<br>Pizza Craveable<br>Blueberry Parfait<br><b>FEATURED VEGGIES</b><br>Refried Beans<br>Tomato Salad           | 29<br>Egg & Cheese Waffle Sandwich<br>Pizza Craveable<br>Blueberry Parfait<br><b>FEATURED VEGGIES</b><br>Hash Brown Potato<br>Fresh Cucumber Slices           | 30<br>Buffalo Chicken Dip w/ Tortilla Chips<br>Pizza Craveable<br>Blueberry Parfait<br><b>FEATURED VEGGIES</b><br>Steamed Corn<br>Romaine Salad         |  |

### 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 1/2 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, fat-free vanilla

Lactaid milk available upon request

### Daily Alternates

Fresh Entree Salad, Yogurt Parfait or Sandwiches

Craveables

Sunbutter Craveable (V)

### (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

### Your Team

**Michael Carbone, General Manager**

717.240.6800 ext. 26804

[ma1154@metzcorp.com](mailto:ma1154@metzcorp.com)

### Meal Prices

Student Lunch \$3.20

Reduced Lunch FREE

Faculty Lunch \$4.50



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES