

	Monday 11/1/21	Tuesday 11/2/21	Wednesday 11/3/21	Thursday 11/4/21	Friday 11/5/21
<b>BREAKFAST</b> Fresh <i>AND</i> Invigorating	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast
<b>HORIZONS</b> DIVERSE <i>AND</i> PORTABLE	<b>General Tso's Chicken</b> Steamed Brown Rice, Popcorn Chicken, General Tso's Sauce, & Broccoli	<b>NO IN-PERSON CLASSES</b>	<b>Butler Bowl</b> Popcorn Chicken, Mashed Potatoes, Gravy, Corn & Cheese	<b>Mac &amp; Cheese BBQ Bowl</b> House- Made Mac & Cheese, Smoky Pulled Pork, Caramelized Onions, Cheddar Cheese, Hot Sauce & BBQ Sauce	Baked Penne Florentine w/ Sausage & Basil in a Rustic Tomato Sauce
<b>THE MET GRILL</b> ~ SIZZLED <i>AND</i> FIRED ~	Hamburger Cheeseburger All American Toasted Cheese Sandwich Buffalo Chicken Wrap	Hamburger Cheeseburger Southwest Black Bean Burger Buffalo Chicken Wrap	Hamburger Cheeseburger Turkey & Swiss Burger Turkey & Provolone Sub	Hamburger Cheeseburger BBQ Meatball Sub Turkey & Provolone Sub	Hamburger Cheeseburger Chicken Tender & Pepper Jack Sub Chicken Bacon Ranch Wrap
<b>PIAZZA</b> OVEN-FRESH <i>AND</i> HANDCRAFTED	Cheese Pepperoni Chicken Bacon Ranch	Cheese Pepperoni Spinach Florentine	Cheese Pepperoni Meat Lovers Pizza	Cheese Pepperoni Sausage	Cheese Pepperoni Vege Lovers Pizza
<b>AGAVE</b> Mexican Grill	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco
<b>CHX</b> CRISPY AND CRUNCHY	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce
<b>nutriBAR</b> FRESH & NUTRITIOUS	<b>Fresh Salad Bar</b> Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Beets, Cottage Cheese, Corn, Green Peas, Bacon Bits, Croutons, Raisins,				

Lunch is a serving of a Fruit and/or a Vegetable and up to 2 of servings of Grain, one serving of Meat/Meat alternative and / or a serving of Milk. 1% Mil and Chocolate Fat Milk are served daily.

**This is an Equal opportunity provider. Menu is subject to change.**

**Lunches are available from 10:20AM – 12:35 PM. Please contact us at 513-868-6300 Ext.4541 for questions or comments.**



	Monday 11/8/21	Tuesday 11/9/21	Wednesday 11/10/21	Thursday 11/11/21	Friday 11/12/21
<b>BREAKFAST</b> <i>Fresh AND Invigorating</i>	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast
<b>HORIZONS</b> <i>DIVERSE AND PORTABLE</i>	<b>Orange Chicken Bowl</b> Orange Chicken, Steamed Rice, Sautéed Broccoli	<b>Soup Bar</b> Beef Chili Chicken Noodle Cheesy Potato Or Tomato w/ Breadstick	<b>Ranch Chicken</b> Ranch Chicken Ranch Roasted Chicken Thigh, Biscuit, & Wedge Fries	<b>Pho Bowl</b> Rice Noodles, Shredded Pork, Vegetable Broth, Jalapenos, Cilantro, Lime Wedges, Siracha & Hoisin Sauce	<b>Pasta</b> Cheese Stuffed Ravioli w/ Pomodoro Sauce Garlic Breadstick
<b>THE MET GRILL</b> <i>~ SIZZLED AND FIRED ~</i>	Hamburger Cheeseburger All American Grilled Cheese Turkey Club Wrap	Hamburger Cheeseburger Italian Burger Turkey Club Wrap	Hamburger Cheeseburger Double Dogs Ham & Cheddar Hoagie	Hamburger Cheeseburger Chicken Parmesan Sandwich Ham & Cheddar Hoagie	Hamburger Cheeseburger Spicy Chicken Sandwich
<b>PIAZZA</b> <i>OVEN-FRESH AND HANDCRAFTED</i>	Cheese Pepperoni Sausage	Cheese Pepperoni BBQ Pulled Pork	Cheese Pepperoni Veggie Lovers	Cheese Pepperoni Buffalo Chicken	Cheese Pepperoni Meat Lovers Pizza
<b>AGAVE</b> Mexican Grill	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	<b>BYO</b> Bowl, Salad, Nachos, Burrito or Soft-Shell Taco
<b>CHX</b> <i>CRISPY AND CRUNCHY</i>	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce
<b>nutriBAR</b> <i>FRESH &amp; NUTRITIOUS</i>	<b>Fresh Salad Bar</b> Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Beets, Cottage Cheese, Corn, Green Peas, Bacon Bits, Croutons, Raisins, Sunflower Seeds				

Lunch is a serving of a Fruit and/or a Vegetable and up to 2 of servings of Grain, one serving of Meat/Meat alternative and / or a serving of Milk. 1% Mil and Chocolate Fat Milk are served daily.

This is an Equal opportunity provider. Menus are subject to change.

Lunches are available from 10:20AM – 12:35 PM. Please contact us at 513-868-6300 Ext. 4541 for questions or comments.



	Monday 11/15/21	Tuesday 11/16/21	Wednesday 11/17/21	Thursday 11/18/21	Friday 11/19/21
<b>BREAKFAST</b> Fresh <i>AND</i> Invigorating	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast
<b>HORIZONS</b> DIVERSE <i>AND</i> PORTABLE	<b>Baked Potato Bar</b> Baked Potatoes w/ Broccoli, Cheese, Sour Cream, Chili Biscuit	<b>Chicken &amp; Waffle Bowl</b> Crispy Boneless Chicken, Toasty Mini Waffle, Maple Syrup or Country Gravy	<b>Lo Mein Bowl</b> Marinated Beef or Chicken, Lo Mien Noodles, Steamed Broccoli, Carrots, Snow Peas, Red Bell Pepper, Mushrooms,	<b>Turkey Dinner</b> Herb Roasted Turkey, Mashed Potatoes, Gravy, Green Bean Casserole	<b>NO IN- Person Learning</b>
<b>THE MET GRILL</b> ~ SIZZLED <i>AND</i> FIRED ~	Hamburger Cheeseburger Buffalo Chicken Ham & Cheese Sub	Hamburger Cheeseburger Pepper Jack & Jalapeno Burger Ham & Cheese Sub	Hamburger Cheeseburger Philly Cheese Steak Hoagie Italian Hoagie w/ Ham, Salami, Pepperoni, & Provolone	Hamburger Cheeseburger BBQ Pulled Pork Italian Hoagie w/ Ham, Salami, Pepperoni, & Provolone	Hamburger Cheeseburger Hot Ham & Cheese Hoagie Buffalo Chicken Wrap
<b>PIAZZA</b> OVEN-FRESH <i>AND</i> HANDCRAFTED	Cheese Pepperoni Sausage	Cheese Pepperoni Roasted Vegetable	Cheese Pepperoni BBQ Chicken Pizza	Cheese Pepperoni Meat Lovers	Cheese Pepperoni Pepperoni Calzone
<b>AGAVE</b> Mexican Grill	<b>BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco</b>	<b>BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco</b>	<b>BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco</b>	<b>BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco</b>	<b>BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco</b>
<b>CHX</b> CRISPY AND CRUNCHY	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce	Choose from Chicken Tenders, or Boneless Wings, Cauliflower Wings. Served with Coleslaw, Garlic Roll and choice of Sauce
<b>nutriBAR</b> FRESH & NUTRITIOUS	<b>Fresh Salad Bar</b> Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Beets, Cottage Cheese, Corn, Green Peas, Bacon Bits, Croutons, Raisins				

Lunch is a serving of a Fruit and/or a Vegetable and up to 2 of servings of Grain, one serving of Meat/Meat alternative and / or a serving of Milk. 1% Mil and Chocolate Fat Milk are served daily.

This is an Equal opportunity provider. Menu is subject to change.

Lunches are available from 10:20AM – 12:35 PM. Please contact us at 513-868-6300 Ext.4541 for questions or comments.

