

	Monday 11/1/21	Tuesday 11/2/21	Wednesday 11/3/21	Thursday 11/4/21	Friday 11/5/21
<div>BREAKFAST <i>Fresh AND Invigorating</i></div>	Boxed Breakfast – May include the following Cereal, Cereal Bars, French Toast, Pancakes, Waffles, Cinnamon Rolls, Apples, Oranges, Craisins, Raisins, & Skim Milk				
<div>HORIZONS DIVERSE AND PORTABLE</div>	General Tso’s Chicken w/ Rice & Broccoli	No In-Person Classes	Mac & Cheese w/ Carrots	Mac & Cheese w/ Carrots	Baked Penne Pasta w/ Sausage & Marinara Sauce
<div>THE MET GRILL SIZZLED AND FIRED</div>	Spicy Chicken Sandwich	No In-Person Classes	Cheeseburger	Cheeseburger	Chicken Bacon Ranch Wrap
<div>PIAZZA OVEN-FRESH AND HANDCRAFTED</div>	Bosco Sticks w/ Marinara Sauce	Bosco Sticks w/ Marinara Sauce	Italian Sub- Ham, Salami, Pepperoni, Provolone Cheese, Lettuce & Tomato on a Hoagie Bun	Italian Sub- Ham, Salami, Pepperoni, Provolone Cheese, Lettuce & Tomato on a Hoagie Bun	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun
<div>nutriBAR FRESH & NUTRITIOUS</div>	Chicken Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken Tenders, Cheddar Cheese & Dinner Roll	Chicken Tender Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken Tenders, Cheddar Cheese & Dinner Roll	Chef Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	Chef Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	Turkey Club Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Cheese, Bacon & Turkey Roll
<div>nutriBAR FRESH & NUTRITIOUS</div>	Produce Bar – Mat Include the Following Cucumbers, Tomatoes, Broccoli, Cauliflower, Celery, Carrots, Apples, Oranges, Oranges Juice, Apple Juice, Raisins, Grapes				
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.					
Lunches are available from 10:20AM – 10:50 AM. 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
<div><div>BREAKFAST</div><div>Fresh AND Invigorating</div></div>	Boxed Breakfast – May include the following Cereal, Cereal Bars, French Toast, Pancakes, Waffles, Cinnamon Rolls, Apples, Oranges, Craisins, Raisins, & Skim Milk				
<div><div>HORIZONS</div><div>DIVERSE AND PORTABLE</div></div>	ChiliMac Macaroni w/ Meat Sauce & Shredded Cheese	ChiliMac Macaroni w/ Meat Sauce & Shredded Cheese	Ranch Chicken Ranch Chicken Ranch Roasted Chicken Thigh, Biscuit, & Wedge Fries	Ranch Chicken Ranch Chicken Ranch Roasted Chicken Thigh, Biscuit, & Wedge Fries	Chicken Tenders & Tater Tots Breadstick
<div><div>THE MET GRILL</div><div>SIZZLED AND FIRED</div></div>	Cheeseburger	Cheeseburger	Grilled Chicken & Pepper Jack	Grilled Chicken & Pepper Jack	Chicken Parmesan Sandwich
	Ham & Cheese Sub w/ Lettuce & Tomato	Ham & Cheese Sub w/ Lettuce & Tomato	Turkey & Cheese Wrap w/ Shredded Lettuce & Tomato	Turkey & Cheese Wrap w/ Shredded Lettuce & Tomato	Cheese Calzone w/ Marinara Sauce
	Buffalo Chicken Salad – Romaine Lettuce w/ Carrots, Celery, Onion, Cheddar Cheese & Buffalo Chicken Roll	Buffalo Chicken Salad – Romaine Lettuce w/ Carrots, Celery, Onion, Cheddar Cheese & Buffalo Chicken Roll	Italian Chopped Salad – Romaine Lettuce, Cucumber, Tomato, Red Onion, Pepperoni, Mozzarella Cheese Roll	Italian Chopped Salad – Romaine Lettuce, Cucumber, Tomato, Red Onion, Pepperoni, Mozzarella Cheese Roll	Fajita chicken Salad Romaine Lettuce, Carrots, Onions, Bell Peppers, Shredded Cheese, Black Olives, Chicken, & Corn Chips
<div><div>nutriBAR</div><div>FRESH & NUTRITIOUS</div></div>	Produce Bar – Mat Include the Following Cucumbers, Tomatoes, Broccoli, Cauliflower, Celery, Carrots, Apples, Oranges, Oranges Juice, Apple Juice, Raisins, Grapes				
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.					
Lunches are available from 10:20AM – 12:35 PM. Please contact us at 513-868-6300 Ext.4541 for questions or comments.					



	Monday 11/15/1	Tuesday 11/16/21	Wednesday 11/17/21	Thursday 11/18/21	Friday 11/19/21
<div>BREAKFAST</div> <div>Fresh AND Invigorating</div>	Boxed Breakfast – May include the following Cereal, Cereal Bars, French Toast, Pancakes, Waffles, Cinnamon Rolls, Apples, Oranges, Craisins, Raisins, & Skim Milk				
<div>HORIZONS</div> <div>DIVERSE AND PORTABLE</div>	Chicken Tenders & Tater Tots	Chicken Tenders & Waffle w/ Syrup	Chicken Lo Mien Bowl Chicken, Lo Mien Noodles, Stir Fries Vegetables & House Made Sauce	Chicken Lo Mien Bowl Chicken, Lo Mien Noodles, Stir Fries Vegetables & House Made Sauce	NO In-Person Classes
<div>THE MET GRILL</div> <div>SIZZLED AND FIRED</div>	Cheeseburger	Cheeseburger	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Chicken Parmesan Sandwich
	Bosco Sticks w/ Marinara Sauce	Bosco Sticks w/ Marinara Sauce	Pepperoni Calzone	Pepperoni Calzone	Ham & cheese Sub w/ Lettuce & Tomato
	Chef Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Biscuit	Chef Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Biscuit	Italian Chopped Salad – Romaine Lettuce, Cucumber, Tomato, Red Onion, Pepperoni, Mozzarella Cheese Roll	Italian Chopped Salad – Romaine Lettuce, Cucumber, Tomato, Red Onion, Pepperoni, Mozzarella Cheese Roll	Buffalo Chicken Salad – Romaine Lettuce w/ Cucumbers, Tomatoes, Carrots, Celery, Red Onion, Buffalo Chicken & Cheese. Biscuit
<div>nutriBAR</div> <div>FRESH & NUTRITIOUS</div>	Produce Bar – Mat Include the Following Cucumbers, Tomatoes, Broccoli, Cauliflower, Celery, Carrots, Apples, Oranges, Oranges Juice, Apple Juice, Raisins, Grapes				
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.					

