










WK1	Monday 10/3/22	Tuesday 10/4/22	Wednesday 10/5/22	Thursday 10/6/22	Friday 10/7/22
 <p>BREAKFAST Fresh AND Invigorating</p>	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	No School
 <p>HORIZONS DIVERSE AND PORTABLE</p>	Cincinnati Chili Spaghetti or Cony w/ Bun Cincinnati Chili, Shredded Cheese, Beans, Hot Sauce	Lo Mein Bowl Chicken, Lo Mien Noodles, Steamed Broccoli, Carrots, Snow Peas, Red Bell Pepper, Mushrooms	BBQ Sandwich BBQ Chicken or Pork sandwich, Baked Beans and Tater Tots. Collard Greens	Macaroni Bar – Macaroni Pasta with choice or Cheese Sauce, Alfredo, or Meat Sauce	No School
 <p>THE MET GRILL SIZZLED AND FIRED</p>	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Spicy Chicken Crispy Chicken Deli Sandwich or Wrap	No School
 <p>PIAZZA OVEN-FRESH AND HANDCRAFTED</p>	Cheese Pepperoni Sausage	Cheese Pepperoni Vegetable	Cheese Pepperoni BBQ Chicken Pizza	Cheese Pepperoni Meat Lovers	No School
 <p>AGAVE Mexican Grill</p>	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	No School
 <p>CHX CRISPY AND CRUNCHY</p>	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	No School
 <p>nutriBAR FRESH & NUTRITIOUS</p>	Fresh Salad Bar Chopped Romaine, Baby Spinach, Cucumbers, Mushrooms, Cherry Tomatoes, Baby Carrots, Red Onion, Garbanzo Beans, Broccoli, Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Cottage Cheese, Corn, Green Peas, Croutons, Raisins				

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

Breakfast is served from 7:30am-10:00am Monday-Friday

Lunch is served from 10:00am-1:00pm Monday-Friday

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WK2	Monday 10/10/22	Tuesday 10/11/22	Wednesday 10/12/22	Thursday 10/13/22	Friday 10/14/22
BREAKFAST Fresh AND Invigorating	No School	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast
HORIZONS DIVERSE AND PORTABLE	No School	Mac & Cheese BBQ Bowl House made Mac & Cheese, BBQ pulled pork and Caramelized onions. Baked Beans	Pasta Bowl Penne Pasta or Spaghetti, Grilled Chicken or Meat balls, Alfredo Sauce or Marinara Sauce	Chicken & Waffles Crispy Chicken, Toasty Waffle, Maple syrup or Country Gravy. Sautéed Squash	Cheeseburger Tater Tot Bowl Hamburger meat, Tater Tots, Cheddar Cheese and sour Cream
THE MET GRILL SIZZLED AND FIRED	No School	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Spicy Chicken Crispy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap
PIAZZA OVEN-FRESH AND HANDCRAFTED	No School	Cheese Pepperoni Vegetable	Cheese Pepperoni BBQ Chicken Pizza	Cheese Pepperoni Meat Lovers	Cheese Pepperoni
AGAVE Mexican Grill	No School	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco
CHX CRISPY AND CRUNCHY	No School	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce
nutriBAR FRESH & NUTRITIOUS	Fresh Salad Bar Chopped Romaine, Baby Spinach, Cucumbers, Mushrooms, Cherry Tomatoes, Baby Carrots, Red Onion, Garbanzo Beans, Broccoli, Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Cottage Cheese, Corn, Green Peas, Croutons, Raisins				

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

Breakfast is served from 7:30am-10:00am Monday-Friday

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WK3	Monday 10/17/22	Tuesday 10/18/22	Wednesday 10/19/22	Thursday 10/20/22	Friday 10/21/22
BREAKFAST Fresh AND Invigorating	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast
HORIZONS DIVERSE AND PORTABLE	Orange Chicken Popcorn Chicken, Orange Ginger sauce, rice and steamed broccoli	Chimichanga Toasted Chicken Chimichanga, refried beans, rice, salsa and sour cream	Pasta Carbonara Penne Pasta, Grilled Chicken, Alfredo Sauce with Bacon and peas	BBQ Sandwich BBQ Chicken or Pork sandwich, Baked Beans and Tater Tots	Pho Bowl Rice Noodles, Chicken Broth, Shredded Pork, Jalapenos, Cilantro, Sriracha sauce and Lime wedge. Sugar Snap Peas
THE MET GRILL SIZZLED AND FIRED	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Spicy Chicken Crispy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap
PIAZZA OVEN-FRESH AND HANDCRAFTED	Cheese Pepperoni Sausage	Cheese Pepperoni Vegetable	Cheese Pepperoni BBQ Chicken Pizza	Cheese Pepperoni Meat Lovers	Cheese Pepperoni
AGAVE Mexican Grill	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco
CHX CRISPY AND CRUNCHY	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce
nutriBAR FRESH & NUTRITIOUS	Fresh Salad Bar Chopped Romaine, Baby Spinach, Cucumbers, Mushrooms, Cherry Tomatoes, Baby Carrots, Red Onion, Garbanzo Beans, Broccoli, Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Cottage Cheese, Corn, Green Peas, Croutons, Raisins				

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

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WK4	Monday 10/24/22	Tuesday 10/25/22	Wednesday 10/26/22	Thursday 10/27/22	Friday 10/28/22
BREAKFAST Fresh AND Invigorating	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast	Made to Order Breakfast
HORIZONS DIVERSE AND PORTABLE	Chicken & Waffles Crispy Chicken, Toasty Waffle, Maple syrup or Country Gravy. Sautéed Squash	Pasta Bowl Penne Pasta or Spaghetti, Grilled Chicken or Meat balls, Alfredo Sauce or Marinara Sauce	General Tso's Chicken Popcorn Chicken, General Tso's sauce, rice and steamed broccoli	BBQ Sandwich BBQ Chicken or Pork sandwich, Baked Beans and Tater Tots	Cheeseburger Tater Tot Bowl Hamburger meat, Tater Tots, Cheddar Cheese and sour Cream
THE MET GRILL SIZZLED AND FIRED	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Spicy Chicken Crispy Chicken Deli Sandwich or Wrap	Hamburger Cheeseburger Crispy Chicken Spicy Chicken Deli Sandwich or Wrap
PIAZZA OVEN-FRESH AND HANDCRAFTED	Cheese Pepperoni Sausage	Cheese Pepperoni Vegetable	Cheese Pepperoni BBQ Chicken Pizza	Cheese Pepperoni Meat Lovers	Cheese Pepperoni
AGAVE Mexican Grill	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco	BYO Bowl, Salad, Nachos, Burrito or Soft-Shell Taco
CHX CRISPY AND CRUNCHY	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce	Boneless Wings, Served with Coleslaw, Garlic Roll and choice of Sauce
nutriBAR FRESH & NUTRITIOUS	Fresh Salad Bar Chopped Romaine, Baby Spinach, Cucumbers, Mushrooms, Cherry Tomatoes, Baby Carrots, Red Onion, Garbanzo Beans, Broccoli, Cauliflower, Green and Red Peppers, Black Beans, Shredded Cheese, Cottage Cheese, Corn, Green Peas, Croutons, Raisins				

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

Breakfast is served from 7:30am-10:00am Monday-Friday

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