

WK1	Monday 10/3/22	Tuesday 10/4/22	Wednesday 10/5/22	Thursday 10/6/22	Friday 10/7/22
<b>BREAKFAST</b> <i>Fresh AND Invigorating</i>	Chicken Sausage, egg and cheese English muffin	Breakfast soft taco	Sausage and waffle	Biscuit and sausage gravy	No School
<b>HORIZONS</b> <i>DIVERSE AND PORTABLE</i>	<b>Cincinnati Chili</b> Spaghetti, Cincinnati Chili, Shredded Cheese, Beans, Hot Sauce	<b>Lo Mein Bowl</b> Chicken, Lo Mien Noodles, Steamed Broccoli, Carrots, Snow Peas, Red Bell Pepper, Mushrooms	<b>BBQ Sandwich</b> BBQ Chicken or Pork sandwich, Baked Beans and Tater Tots. Collard Greens	<b>Macaroni Bar –</b> Macaroni Pasta with choice or Cheese Sauce, Alfredo, or Meat Sauce	No School
<b>THE MET GRILL</b> <i>~ SIZZLED AND FIRED ~</i>	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Cheeseburger	Cheeseburger	No Schools
<b>DELI</b> <i>Fresh · Delicious</i>	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	No Schools
<b>SALAD</b> <i>Crisp, Crunchy &amp; Nutritious</i>	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	No Schools

**Breakfast –**

May include the following Biscuit and Sausage Gravy, Breakfast Sandwiches, Cereal, Cereal Bars, French Toast, Pancakes, Waffles, Cinnamon Rolls, Apples, Oranges, Craisins, Raisins, juice & a variety of fluid milk

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-8:00am Monday-Friday

Lunch is served from 10:30am-11:30am 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
<b>BREAKFAST</b> Fresh AND Invigorating	No School	Breakfast soft taco	Sausage and waffle	Cheese Omelet, Chicken Sausage and Biscuit	Ham egg and cheese bagel
<b>HORIZONS</b> DIVERSE AND PORTABLE	No School	<b>Mac &amp; Cheese BBQ Bowl</b> House made Mac & Cheese, BBQ pulled pork and Caramelized onions. Baked Beans	<b>Pasta Bowl</b> Penne Pasta or Spaghetti, Grilled Chicken or Meat balls, Alfredo Sauce or Marinara Sauce	<b>Chicken &amp; Waffles</b> Crispy Chicken, Toasty Waffle, Maple syrup or Country Gravy. Sautéed Squash	<b>Cheeseburger Tater Tot Bowl</b> Hamburger meat, Tater Tots, Cheddar Cheese and sour Cream
<b>THE MET GRILL</b> SIZZLED AND FIRED	No School	Crispy Chicken Sandwich	Cheeseburger	Cheeseburger	Crispy Chicken Sandwich
<b>DELI</b> Fresh · Delicious	No School	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Ham & Cheddar Sub w/ Lettuce & Tomato on a Sub Bun
<b>SALAD</b> Crisp, Crunchy & Nutritious	No School	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll

**Breakfast –**

May include the following Biscuit and Sausage Gravy, Breakfast Sandwiches, Cereal, Cereal Bars, French Toast, Pancakes, Waffles, Cinnamon Rolls, Apples, Oranges, Craisins, Raisins, juice & a variety of fluid milk

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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WK3	Monday 10/17/22	Tuesday 10/18/22	Wednesday 10/19/22	Thursday 10/20/22	Friday 10/21/22
<b>BREAKFAST</b> Fresh AND Invigorating	Chicken Sausage, egg and cheese English muffin	Breakfast soft taco	Sausage and waffle	Biscuit and sausage gravy	Ham egg and cheese bagel
<b>HORIZONS</b> DIVERSE AND PORTABLE	<b>Orange Chicken</b> Popcorn Chicken, Orange Ginger sauce, rice and steamed broccoli	<b>Chimichanga</b> Toasted Chicken Chimichanga, refried beans, rice, salsa and sour cream	<b>Pasta Carbonara</b> Penne Pasta, Grilled Chicken, Alfredo Sauce with Bacon and peas	<b>BBQ Sandwich</b> BBQ Chicken or Pork sandwich, Baked Beans and Tater Tots	<b>Pho Bowl</b> Rice Noodles, Chicken Broth, Shredded Pork, Jalapenos, Cilantro, Sriracha sauce and Lime wedge. Sugar Snap Peas
<b>THE MET GRILL</b> SIZZLED AND FIRED	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Cheeseburger	Cheeseburger	Crispy Chicken Sandwich
<b>DELI</b> Fresh • Delicious	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Ham & Cheddar Sub w/ Lettuce & Tomato on a Sub Bun
<b>SALAD</b> Crisp, Crunchy & Nutritious	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll
<b>Breakfast –</b> May include the following Biscuit and Sausage Gravy, Breakfast Sandwiches, Cereal, Cereal Bars, French Toast, Pancakes, Waffles, Cinnamon Rolls, Apples, Oranges, Craisins, Raisins, juice & a variety of fluid milk <b>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.</b> Breakfast is served from 7:30am-8:00am Monday-Friday Lunch is served from 10:30am-11:30am Monday-Friday Please contact us at 513-868-4541 for questions or comments. <b>This is an Equal opportunity provider. Menus are subject to change.</b>					



WK4	Monday 10/24/22	Tuesday 10/25/22	Wednesday 10/26/22	Thursday 10/27/22	Friday 10/28/22
<b>BREAKFAST</b> Fresh AND Invigorating	Chicken Sausage, egg and cheese English muffin	Breakfast soft taco	Sausage and waffle	Biscuit and sausage gravy	Ham egg and cheese bagel
<b>HORIZONS</b> DIVERSE AND PORTABLE	<b>Chicken &amp; Waffles</b> Crispy Chicken, Toasty Waffle, Maple syrup or Country Gravy. Sautéed Squash	<b>Pasta Bowl</b> Penne Pasta or Spaghetti, Grilled Chicken or Meat balls, Alfredo Sauce or Marinara Sauce	<b>General Tso's Chicken</b> Popcorn Chicken, General Tso's sauce, rice and steamed broccoli	<b>BBQ Sandwich</b> BBQ Chicken or Pork sandwich, Baked Beans and Tater Tots	<b>Cheeseburger Tater Tot Bowl</b> Hamburger meat, Tater Tots, Cheddar Cheese and sour Cream
<b>THE MET GRILL</b> SIZZLED AND FIRED	Crispy Chicken Sandwich	Crispy Chicken Sandwich	Cheeseburger	Cheeseburger	Crispy Chicken Sandwich
<b>DELI</b> Fresh · Delicious	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Chicken Ranch Wrap Roasted Chicken, Shredded Cheese, Ranch, Lettuce & Tomato	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Turkey & Swiss Sub w/ Lettuce & Tomato on a Sub Bun	Ham & Cheddar Sub w/ Lettuce & Tomato on a Sub Bun
<b>SALAD</b> Crisp, Crunchy & Nutritious	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Grilled Chicken Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Broccoli, Diced Chicken, Cheddar Cheese & Dinner Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll	<b>Chef Salad –</b> Romaine Lettuce w/ Cucumbers, Tomatoes, Ham, Turkey, Egg & Cheese. Roll

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