

November- January  
2018/2019



**Metz**  
CULINARY MANAGEMENT

**Jr High & High School Lunch**

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch. Meat or meat alternate. Choice of Vegetable. Choice of Fruit. Grain/Bread. Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry.

**Weekly Vegetable Subgroups**

**May Include:**

Dark Green - spinach, broccoli, romaine and spring salad.  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers.  
Legumes - beans and peas.  
Starchy - potatoes, corn, peas & lima beans.  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers.

**Daily Fruit Selections**

**May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges.

**Leave Your Lunch at Home**

Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Cheese or Pepperoni Pizza  
Specialty Pizza

**UP FOR GRABS**

Chicken Caesar Salad with Dinner Roll  
Buffalo chicken Salad with Dinner Roll  
Chopped Garden Salad with Dinner Roll  
Taco Salad with Dinner Roll

Buffalo Chicken Wrap  
Chicken Caesar Wrap  
Club Sandwich Wrap

Assorted sandwich & Wraps



Lunch Prices  
Student \$2.55  
Reduced \$.40  
Adult \$3.75

General Manager  
Jamie Porter  
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Monday	Tuesday	Wednesday	Thursday	Friday
11/26/18 Thanksgiving Holiday	11/27/18 Grilled Chicken & Cheese On a Bun or Birthday Pancakes With Sausage Patty <b>Featured Veggies:</b> Vegetarian Beans, Red Pepper Strips Choice of Fruit, Choice of Milk	11/28/18 Chicken Cordon Bleu On a Bun or Macaroni & cheese bar with a dinner roll <b>Featured Veggies:</b> Green Beans, Romaine Salad Choice of Fruit, Choice of Milk	11/29/18 Chicken Parmesan on a Bun or Mini Cinnis With Sausage Patties <b>Featured Veggies:</b> Green Peas Fresh Cucumber Slices Choice of Milk	11/30/18 Hot Ham and Cheese On a Roll or French Bread Pizza <b>Featured Veggies:</b> Steamed Corn, Caesar Salad Choice of Fruit, Choice of Milk
12/3/18 Sloppy Joe On a Bun or General Tso Chicken Over Rice <b>Featured Veggies:</b> Steamed Broccoli, Cucumber Slices Choice of Fruit, Choice of Milk	12/4/18 SMOTHERED PIEROGIES with a Dinner Roll or Herb Roasted chicken with a Dinner Roll <b>Featured Veggies:</b> Green Beans, Spinach Salad Choice of Fruit, Choice of Milk	12/5/18 Texas Toasted cheese sand with tomato soup or Philly Steak & Cheese <b>Featured Veggies:</b> Pasta salad, Steamed Corn Choice of Fruit, Choice of Milk	12/6/18 Mini Corn Dog with a Dinner Roll or Hot Turkey Sandwich <b>Featured Veggies:</b> Mashed Potatoes, Green Pepper Strips Choice of Fruit, Choice of Milk	12/7/18 Jacked Up Tots with a Dinner Roll or Stuff Crust Pizza <b>Featured Veggies:</b> Steamed Carrots, Broccoli Salad Choice of Fruit, Choice of Milk
12/10/18 Italian Meatballs & Cheese On a Roll or Chicken Mash Potato Bowl with a Dinner Roll <b>Featured Veggies:</b> Spinach Salad, Steamed Corn Choice of Fruit, Choice of Milk	12/11/18 Ham, egg and cheese on a Honey Glazed Donut or PA Dutch Waffle With Sausage Patty <b>Featured Veggies:</b> Baked Beans, Carrot Sticks Choice of Fruit, Choice of Milk	12/12/18 Buffalo Chicken Dip, Tortilla Chips or Asian Sesame Chicken Over Rice <b>Featured Veggies:</b> Fresh Broccoli, Green Peas Choice of Fruit, Choice of Milk	12/13/18 Cowboy Burger, Cheese, Onion Rings, BBQ Sauce or Chicken Noodle Bowl <b>Featured Veggies:</b> Caesar Salad, Asian Vegetable Blend Choice of Fruit, Choice of Milk	12/14/18 Southern BBQ Pork On a Bun or Pepperoni Pizza Bagel <b>Featured Veggies:</b> Cucumber Salad, Steamed Carrots Choice of Fruit, Choice of Milk
12/17/18 Ranchero Toaster Sandwich or Chicken Fingers with a Dinner Roll <b>Featured Veggies:</b> Green Peas, Baby Carrots Choice of Fruit, Choice of Milk	12/18/18 Buffalo Chicken & Cheese Sandwich or Sausage & Peppers On a Roll <b>Featured Veggies:</b> Baked Beans, Green Pepper Strips Choice of Fruit, Choice of Milk	12/19/18 Chicken Stir Fry Over Rice or Waffles With Sausage Patties <b>Featured Veggies:</b> Steamed Corn, Spinach Salad Choice of Fruit, Choice of Milk	12/20/18 Hot Ham and Cheese On a Pretzel Roll or Chicken & Cheese Burrito <b>Featured Veggies:</b> Green Beans, Cucumbers Choice of Fruit, Choice of Milk	12/21/18 1/2 Day
12/24/18 Winter Holiday	12/25/18 Winter Holiday	12/26/18 Winter Holiday	12/27/18 Winter Holiday	12/28/18 Winter Holiday
12/31/18 Winter Holiday	1/1/19 Winter Holiday	1/2/19 Egg, Sausage & Cheese On a Croissant or Buffalo Chicken Nuggets with a Dinner Roll <b>Featured Veggies:</b> Green Peas, Carrot Sticks Choice of Fruit, Choice of Milk	1/3/19 Penne Pasta & Meatballs with a Dinner Roll or Philly Steak & Cheese Sandwich <b>Featured Veggies:</b> Mexicala Corn, Celery Sticks Choice of Fruit, Choice of Milk	1/4/19 Bacon Cheddar Pierogies or Pepperoni Pizza Bagel <b>Featured Veggies:</b> Steamed Carrots, Celery Sticks Choice of Fruit, Choice of Milk