

January-February 2019



Metz

CULINARY MANAGEMENT

High School Lunch Menu

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

Phone Number

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1/7/19 French Toast Sticks with a Sausage Patty or Bacon Cheeseburger On a Bun Featured Veggies: Spinach Salad Italian Blend Choice of Fruit Choice of Milk	1/8/19 BBQ Grilled Chicken & Cheese On a Bun or Beef Taco On a Soft Tortilla Featured Veggies: Refried Beans Red Pepper Strips Choice of Fruit Choice of Milk	1/9/19 Smokey Mountain Chix Patty On a Bun or Mini Cinnis With Sausage Patties Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk	1/10/19 Chicken Parmesan on a Kaiser or Chicken Alfredo over Penne with a Garlic Bread Featured Veggies: Green Peas Fresh Cucumber Slices Choice of Fruit Choice of Milk	1/11/19 Toasted Ham and Cheese Sandwich or French Bread Pizza Featured Veggies: Steamed Corn Pasta Salad Choice of Fruit Choice of Milk
1/14/19 Sloppy Joe On a Bun or General Tso Chicken Over Rice Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	1/15/19 SMOTHERED PIEROGIES with a Dinner Roll or Chicken Fajita On a Soft Tortilla Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	1/16/19 Texas Toasted cheese sand with tomato soup or Walking Steak Sandwich with Funyuns Featured Veggies: Tomato Wedges Steamed Corn Choice of Fruit Choice of Milk	1/17/19 Mini Corn Dog with a Dinner Roll or Macaroni & Cheese Bar Diced Ham or Buffalo Chicken Featured Veggies: Green Peas Green Pepper Strips Choice of Fruit Choice of Milk	1/18/19 BBQ Ribby On a Bun or Stuff Crust Pizza Featured Veggies: Steamed Carrots Broccoli Salad Choice of Fruit Choice of Milk
1/21/19 Italian Meatballs & Cheese On a Roll or Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Spinach Salad Steamed Corn Choice of Fruit Choice of Milk	1/22/19 Sausage, egg and cheese on a Honey Glazed Donut or Nacho Grande Tortilla Chips Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk	1/23/19 Buffalo Chicken Dip Tortilla Chips or Asian Sesame Chicken Over Rice Featured Veggies: Fresh Broccoli Green Peas Choice of Fruit Choice of Milk	1/24/19 Cowboy Burger Cheese, Onion Rings, BBQ Sauce or Rotini & Meatballs Garlic Bread Stick Featured Veggies: Caesar Salad Italian Blend Choice of Fruit Choice of Milk	1/25/19 Southern BBQ Pork On a Bun or Pepperoni Pizza Bagel Featured Veggies: Cucumber Salad Oven Brownd Sweet Potato Choice of Fruit Choice of Milk
1/28/19 Ranchero Toaster Sandwich or Chicken Fingers with a Dinner Roll Featured Veggies: Green Peas Baby Carrots Choice of Fruit Choice of Milk	1/29/19 Buffalo Chicken & Cheese Sandwich or Chicken Taco On a Soft Tortilla Featured Veggies: Refried Beans Green Pepper Strips Choice of Fruit Choice of Milk	1/30/19 BBQ Ribby On a Roll or Waffles With Sausage Patties Over Rice Featured Veggies: Hash Brown Potato Spinach Salad Choice of Fruit Choice of Milk	1/31/19 Hot Ham and Cheese On a Pretzel Roll or Stuffed Shells with a Dinner Roll Featured Veggies: Green Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	2/1/19 Hot Italian On Flat Bread or Cheese Pizza Sticks Featured Veggies: Roasted Butternut Squash Cole Slaw Choice of Fruit Choice of Milk
2/4/19 Philly Steak & Cheese On a Roll or Chicken Nuggets with a Dinner Roll Featured Veggies: Corn Salad Baked Beans Choice of Fruit Choice of Milk	2/5/19 Chicken Parmesan on a Bun or Walking Taco with a Pretzel Stick Featured Veggies: Steamed Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	2/6/19 Grilled BBQ Chicken & Bacon On a Bun or Waffles With Sausage Patties Featured Veggies: Green Peas Cherry Tomatoes Choice of Fruit Choice of Milk	2/7/19 Beef Lasagna Garlic Bread or Apple BBQ Pork Taco On a Soft Tortilla Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	2/8/19 Herb Roasted Chicken with a Dinner Roll or Cheese Pizza Featured Veggies: Sweet Potato Fries Cucumber Slices Choice of Fruit Choice of Milk
2/11/19 Chili & Cheese Pierogies or Sweet & Sour Chicken over Rice Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	2/12/19 Jacked Up Fries Buffalo Chicken or Bacon Cheddar or Chicken Nachos Tortilla Chips Featured Veggies: Green Beans Greek Hummus Choice of Fruit Choice of Milk	2/13/19 Egg, Sausage & Cheese On a Croissant or Buffalo Chicken Nuggets with a Dinner Roll Featured Veggies: Green Peas Carrot Sticks Choice of Fruit Choice of Milk	2/14/19 Grilled Chicken On a Roll or BBQ Siracha Chicken Toaster Sandwich Featured Veggies: Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk	2/15/19 Presidents Holiday