

August - October
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 \$2.75
Reduced \$3.40
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
8/26/19 French Toast Sticks With Sausage Patties or General Tso Chicken Over Rice Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	8/27/19 BBQ Grilled Chicken & Cheese On a Bun or Beef Taco On a Soft Tortilla Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	8/28/19 Breaded Italian chicken with a Dinner Roll or Mini Cinnis With Sausage Patties Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk	8/29/19 Chicken Parmesan on a Bun or Hot Ham and Cheese On a Roll Featured Veggies: Green Peas Fresh Cucumber Slices Choice of Fruit Choice of Milk	8/30/19 Labor Day Holiday School Closed
9/2/19 Labor Day Holiday	9/3/19 SMOTHERED PIEROGIES with a Dinner Roll or Walking Taco Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	9/4/19 Grilled Cheese with tomato soup or Philly Steak & Cheese Featured Veggies: Tomato Wedges Steamed Corn Choice of Fruit Choice of Milk	9/5/19 Mini Corn Dog with a Dinner Roll or Hot Turkey Sandwich Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk	9/6/19 Chimmichurri Pork On a Bun or French Bread Pizza Featured Veggies: Steamed Corn Caesar Salad Choice of Fruit Choice of Milk
9/9/19 Italian Meatballs & Cheese On a Roll or Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Spinach Salad Steamed Carrots Choice of Fruit Choice of Milk	9/10/19 Ham, egg and cheese on a Honey Glazed Donut or Beef Taco On a Soft Tortilla Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk	9/11/19 Buffalo Chicken Dip Tortilla Chips or Asian Sesame Chicken Over Rice Featured Veggies: Fresh Broccoli Green Peas Choice of Fruit Choice of Milk	9/12/19 Cowboy Burger Cheese, Onion Rings, BBQ Sauce or Penne Pasta & Meatballs Garlic Bread Featured Veggies: Caesar Salad Lima Beans Choice of Fruit Choice of Milk	9/13/19 Southern BBQ Pork On a Bun or Pepperoni Pizza Bagel Featured Veggies: Cucumber Salad Steamed Carrots Choice of Fruit Choice of Milk
9/16/19 Banh Mi chicken Sandwich or BBQ Ribby On a Roll Featured Veggies: Green Peas Cherry Tomatoes Choice of Fruit Choice of Milk	9/17/19 Buffalo Chicken & Cheese Sandwich or Nacho Grande Tortilla Chips Featured Veggies: Baked Beans Green Pepper Strips Choice of Fruit Choice of Milk	9/18/19 Hawaiian Pork sandwich with spicy asian aioli or Waffles With Sausage Patties Featured Veggies: Hash Brown Potato Spinach Salad Choice of Fruit Choice of Milk	9/19/19 Hot Ham and Cheese On a Pretzel Roll or Macaroni & Cheese with a Dinner Roll Featured Veggies: Green Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	9/20/19 Hot Italian On Flat Bread or Cheese Pizza Sticks Featured Veggies: Oven Brownd Sweet Potato Cole Slaw Choice of Fruit Choice of Milk
9/23/19 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	9/24/19 Fried Chicken cutlet BLT On a Bun or Beef Taco On a Soft Tortilla Featured Veggies: Steamed Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	9/25/19 Smokey Mountain Chix Patty On a Bun or PA Dutch Waffles With Sausage Links Featured Veggies: Green Peas Tomato Wedges Choice of Fruit Choice of Milk	9/26/19 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	9/27/19 Pepperoni & Mozzarella Pierogies or Stuff Crust Pizza Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk
9/30/19 Italian Sausage with peppers & onions or Blueberry Pancakes With Sausage Patties Featured Veggies: Hash Brown Potato Spinach Salad Choice of Fruit Choice of Milk	10/1/19 Jacked Up Fries or Beef Taco On a Soft Tortilla Featured Veggies: Green Beans Greek Hummus Choice of Fruit Choice of Milk	10/2/19 Egg, Ham & Cheese On a Croissant or Buffalo Chicken Nuggets with a Dinner Roll Featured Veggies: Green Peas Carrot Sticks Choice of Fruit Choice of Milk	10/3/19 Grilled Chicken with Garlic Aioli On a Roll or Eggplant Stacker Sandwich Featured Veggies: Mexicala Corn Red Pepper Strips Choice of Fruit Choice of Milk	10/4/19 Chili & Cheese Pierogies or Pepperoni Pizza Bagel Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk