November 2018

Metz CULINARY MANAGEMENT

SCHOOL DISTRICT ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
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,and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit jucies and mandarin oranges

Weekly Entree Options :
Mondays: Nacho Craveable
Tuesdays: Grilled Chicken Craveable
Wednesdays: PB & J
Thursdays: Breadstick Dipper Craveable
Fridays: Various Salads

Metz Culinary Management has varies positions available contact Glenda Dixon, General Manager (717)865-0541 Ext. 2541 for more information.

Lunch Prices
Student $2.15
Reduced $.40
Adult $3.50

Monday	Tuesday	Wednesday	Thursday	Friday
5 Hot Ham and Cheese on a Pretzel Roll or Popcorn Chicken with a Dinner Roll **Featured Veggies:** Tater Tots Cooked Baby Carrots Choice of Fruit Choice of Milk	**6** Chicken Enchilada on a Soft Tortilla or Nachos Grande Tortilla Chips **Featured Veggies:** Refried Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	**7** BBQ Ham on a Bun or French Toast Sticks with Sausage Patties **Featured Veggies:** Hash Brown Potato Fresh Cucumber Slices Choice of Fruit Choice of Milk	**8** Chicken Patty on a Bun or Bacon Cheeseburger on a Bun **Featured Veggies:** Brown Rice Winter Blend Veggie Choice of Fruit Choice of Milk	**9** Viking Bowl with Dinner Roll or Open Face Turkey Sandwich **Featured Veggies:** Mashed Potatoes Corn Choice of Fruit Choice of Milk
12 Spaghetti with Meatballs or Black Bean Shaker Salad with a Garlic Bread Stick **Featured Veggies:** Italian Vegetable Blend Garden Salad Choice of Fruit Choice of Milk	**13** Chicken Nuggets with a Dinner Roll or Buffalo Chicken & Cheese on Flatbread **Featured Veggies:** Green Beans Spinach Salad Choice of Fruit Choice of Milk	**14** Thanksgiving Luncheon Turkey Mashed Potatoes Stuffing Vegetable Blend Cranberry Sauce Gravy Dinner Roll Apple Crisp Choice of Milk	**15** Toasted Cheese Sandwich or Beef & Mac Garlic Bread Stick **Featured Veggies:** Chicken Noodle Soup Corn Salad Choice of Fruit Choice of Milk	**16** Fish Sticks with a Dinner Roll or Pepperoni Pizza **Featured Veggies:** Vegetable Blend Chick Pea Salad Choice of Fruit Choice of Milk
19 Turkey & Cheese Melt on a Croissant or Chicken Nuggets with a Dinner Roll **Featured Veggies:** Steamed Rice Green Beans Choice of Fruit Choice of Milk	**20** Beef Taco on a Soft Tortilla or Cheesy Pizza Sticks with dipping sauce **Featured Veggies:** Mixed Vegetables Stewed Tomatoes Choice of Fruit Choice of Milk	**21** NO SCHOOL	**22** 	**23** NO SCHOOL
26 NO SCHOOL	**27** Mini Corn Dogs or Chicken Nuggets with a Dinner Rolll **Featured Veggies:** Peas & Carrots Celery Sticks with Ranch Choice of Fruit Choice of Milk	**28** Cheeseburger on a Bun or Black Bean Shaker Salad with Garlic Bread **Featured Veggies:** Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	**29** BBQ Ribby on a Bun or Chicken in Gravy over a Biscuit **Featured Veggies:** Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	**30** Smothered Mini Pierogies with Bacon and Cheese Sauce or Chessy Pizza Sticks with dipping Sauce **Featured Veggies:** Normandy Blend Veggies Cherry Tomatoes Choice of Fruit Choice of Milk

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USDA is an equal opportunity provider and employer.

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