MARCH 2024

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

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

Chef Fresh
Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.

Lunch Prices
Students Reduced- $0.00
Students Paid- $2.80
Adult $4.00

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Dunkers with Dipping Sauce **Featured Veggies:** Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
4 Buffalo Chicken Bites Dinner Roll **Featured Veggies:** Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	**5** Taco Bowl Beef or Chicken Steamed Rice Topping Bar **Featured Veggies:** Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	**6** Chicken Parmesan Over Pasta **Featured Veggies:** Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	**7** Buffalo Chicken Dip **Featured Veggies:** Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	**8** Macaroni & Cheese Dinner Roll Stewed Tomatoes **Featured Veggies:** Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
11 Breaded Ravioli Marinara Sauce **Featured Veggies:** Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	**12** Walking Taco Topping Bar **Featured Veggies:** Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	**13** Sausage & Pepper Hoagie **Featured Veggies:** Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	**14** General Tso Chicken Steamed Rice **Featured Veggies:** Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	**15** Texas Toast Grilled Cheese Tomato Soup **Featured Veggies:** Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
18 Breaded Chicken Tenders Gravy & Biscuit **Featured Veggies:** Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	**19** Beef Enchilada Topping Bar **Featured Veggies:** Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	**20** Pasta Bar Meatballs & Marinara Chicken Alfredo Garlic Bread **Featured Veggies:** Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	**21** Cheesesteak Hoagie Onions and Peppers **Featured Veggies:** Steames Peas Fresh Vegetables Choice of Fruit Choice of Milk	**22** **1/2 DAY** **Breakfast Only**
25 Italian Dunkers with Dipping Sauce **Featured Veggies:** Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	**26** Taco Bowl Beef or Chicken Steamed Rice Topping Bar **Featured Veggies:** Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	**27** **1/2 DAY** **Breakfast Only**	**28**	**29**