

**MARCH
2024**



Metz
CULINARY MANAGEMENT

ELEMENTARY 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:

Weekly entrée options may include:
Assorted cold sandwiches and hoagies including turkey and cheese, ham and cheese, and Italian hoagie.
Peanut Butter and Jelly Offered Daily



Lunch Prices

Students Reduced- \$0.00
Students Paid- \$2.55
Adult \$4.00



Phone Number- (570)674-7208 ext:1039
Email- ma1042@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday

4
Fish Sticks with
Dinner Roll
or
Ham & Cheese Hoagie

Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

11
Breaded Chicken Tenders
Dinner Roll
or
Turkey & Cheese Hoagie

Featured Veggies:
Glazed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

18
Perogis with Butter
Dinner Roll
or
Italian Hoagie

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

25
Breaded Chicken Nuggets
with a Dinner Roll
or
Turkey & Cheese Hoagie

Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

Tuesday

5
Beef Tacos
with Soft Tortilla Shells
or
Ham & Cheese Hoagie

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

12
Nacho Grande
Topping Bar
or
Turkey & Cheese Hoagie

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

19
Walking Taco
or
Italian Hoagie

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

26
Walking Taco
or
Turkey & Cheese Hoagie

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

Wednesday

6
Hot Dog
on a Bun
or
Ham & Cheese Hoagie

Featured Veggies:
Baked Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

13
Cheeseburger or
Hamburger on a Bun
or
Turkey & Cheese Hoagie

Featured Veggies:
Smiley Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk

20
Chicken Patty
on a Bun
or
Italian Hoagie

Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

27
1/2 DAY
Grab & Go Lunch
Available

Wycallis Parents:
Please sign the online form
to purchase a lunch.

Thursday

7
Breaded Chicken Patty
on a Bun
or
Ham & Cheese Hoagie

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

14
Macaroni & Cheese
Dinner Roll
or
Turkey & Cheese Hoagie

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

21
Pepperoni Pizza
Filled Breadsticks
or
Italian Hoagie

Featured Veggies:
Steamed Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

28
**SCHOOL'S OUT
EASTER**

Friday

1
Italian Dunkers
with Dipping Sauce
or
Italian Hoagie

Featured Veggies:
Steamed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

8
Cheese Pizza
or
Ham & Cheese Hoagie

Featured Veggies:
Steamed Peas
Fresh Vegetables
Choice of Fruit
Choice of Milk

15
Italian Dunkers
with Dipping Sauce
or
Turkey & Cheese Hoagie

Featured Veggies:
Steamed Mixed Veggies
Fresh Vegetables
Choice of Fruit
Choice of Milk

22
1/2 DAY
Grab & Go Lunch
Available

Wycallis Parents:
Please sign the online form
to purchase a lunch.

29
**SCHOOL'S OUT
EASTER**