

**MARCH
2024**



Metz
CULINARY MANAGEMENT

**MIDDLE 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:

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

Lunch Prices

Students Reduced- \$0.00
Students Paid- \$2.65
Adult \$4.00



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USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday

