

APRIL  
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



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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL EASTER BREAK	2 Nacho Grande Topping Bar or Italian Hoagie <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	3 Breaded Chicken Tenders Dinner Roll or Italian Hoagie <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	4 Corn Dog on a Stick or Italian Hoagie <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	5 Cheese Pizza or Italian Hoagie <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
8 <b>1/2 DAY Grab &amp; Go Lunch Available</b> Wycallis Parents: Please sign the online form to purchase a lunch.	9 Beef Tacos with Soft Tortilla Shells or Ham & Cheese Hoagie <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	10 BBQ Rib Patty on a Bun or Ham & Cheese Hoagie <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	11 Lasagna Roll Ups Dinner Roll or Ham & Cheese Hoagie <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	12 Breaded Fish Patty on a Bun or Ham & Cheese Hoagie <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk
15 Meatball Hoagie or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	16 Walking Taco Topping Bar or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	17 Hot Dog on a Bun or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	18 Breaded Chicken Patty on a Bun or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	19 Cheese Pizza or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Steamed Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
22 Pepperoni Pizza Filled Breadsticks or Italian Hoagie <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	23 Nacho Grande Topping Bar or Italian Hoagie <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	24 Cheeseburger or Hamburger on a Bun or Italian Hoagie <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	25 Popcorn Chicken Dinner Roll or Italian Hoagie <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	26 Italian Dunkers with Dipping Sauce or Italian Hoagie <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
29 Breaded Chicken Nuggets with a Dinner Roll or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	30 Walking Taco or Turkey & Cheese Hoagie <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk			