

APRIL  
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



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

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL EASTER BREAK	2 Walking Taco Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	3 BBQ Rib Patty on a Bun  <b>Featured Veggies:</b> BBQ Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	4 Hot Ham & Cheese On Pretzel Bun  <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	5 Italian Dunkers with Dipping Sauce  <b>Featured Veggies:</b> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
8 <b>1/2 DAY</b> Breakfast Only	9 Walking Taco Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	10 Chicken Parmesan Over Pasta  <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11 General Tso Chicken Steamed Rice  <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	12 Pulled Pork BBQ On Hawaiian Bun  <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
15 Hot Dog Topping Bar  <b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	16 Taco Bowl Beef or Chicken Steamed Rice Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	17 Breakfast For Lunch French Toast Fried Egg Patty Breakfast Sausage  <b>Featured Veggies:</b> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	18 Tater Tot Casserole  <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	19 Macaroni & Cheese Dinner Roll  <b>Featured Veggies:</b> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
22 Buffalo Chicken Bites Dinner Roll  <b>Featured Veggies:</b> Sweet Potato Fries Fresh Vegetables Choice of Fruit Choice of Milk	23 Nacho Grande Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	24 Popcorn Chicken Bowl Popcorn Chicken, Corn, Mashed Potatoes, Cheddar  <b>Featured Veggies:</b> Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	25 Sesame Chicken over Steamed Rice  <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	26 Loaded Pierogis Dinner Roll  <b>Featured Veggies:</b> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
29 Italian Dunkers with Dipping Sauce  <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	30 Walking Taco Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk			