

MAY
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 Lasagna Roll Up Gralic Breadsticks Featured Veggies: Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	2 Hot Ham & Cheese On Pretzel Bun Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	3 Chicken Lo Mein Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk
6 BBQ Rib Patty Sandwich Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	7 Walking Taco Topping Bar Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	8 Chicken Parmesan Over Pasta Featured Veggies: Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9 General Tso Chicken Steamed Rice Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	10 Italian Dunkers with Dipping Sauce Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
13 Hot Dog Topping Bar Featured Veggies: Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	14 Taco Bowl Beef or Chicken Steamed Rice Topping Bar Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	15 Texas Toast Grilled Cheese Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	16 Cheesesteak Hoagie Onions & Peppers Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	17 Pulled Pork BBQ Sandwich on Hawaiian Bun Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
20 CHEF'S CHOICE	21 CHEF'S CHOICE	22 CHEF'S CHOICE	23 1/2 DAY Breakfast Only	24 1/2 DAY Breakfast Only
27 MEMORIAL DAY NO SCHOOL	28 Summer Break See You in August	29	30	31