

APRIL  
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
	2 Nacho Grande Topping Bar <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	3 Breaded Chicken Tenders Dinner Roll <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	4 Corn Dog on a Stick <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	5 Italian Dunkers with Dipping Sauce <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
8 1/2 Day <b>Chef's Choice</b>	9 Beef Tacos with Soft Tortilla Shells <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	10 BBQ Rib Patty on a Bun <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	11 Lasagna Rol Up Dinner Roll <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	12 Breaded Fish Patty On a Bun <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk
15 Meatball Hoagie <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	16 Walking Taco Topping Bar <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	17 Hot Dog Topping Bar <b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	18 Mashed Potato Bowl Popcorn Chicken, Mashed Potatoes, Corn, Gravy <b>Featured Veggies:</b> Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	19 Buffalo Chicken Dip Tortilla Chips <b>Featured Veggies:</b> Steamed Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
22 Pepperoni Pizza Filled Breadsticks <b>Featured Veggies:</b> Green Beans 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 Pasta Car Meatballs & Marinara or Chicken Alfredo Garlic Breadstick <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	25 General Tso Chicken Steamed Rice <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	26 Italian Dunkers with Dipping Sauce <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
29 Buffalo Chicken Bites Dinner Roll <b>Featured Veggies:</b> Steamed Broccoli 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			