

MAY  
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
		1 Corn Dog on a Stick  <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	2 Breaded Chicken Tenders Dinner Roll  <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	3 Buffalo Chicken Dip Tortilla Chips  <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
6 BBQ Rib Patty  <b>Featured Veggies:</b> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	7 Nacho Grande Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	8 Sesame Chicken Steamed Rice  <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	9 Perogies with Butter Dinner Roll  <b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	10 Italian Dunkers with Dipping Sauce  <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk
13 Salisbury Steak Butter Noodles & Gravy  <b>Featured Veggies:</b> Steamed Peas & Carrots Fresh Vegetables Choice of Fruit Choice of Milk	14 Walking Taco Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	15 Cheesesteak Hoagie  <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	16 Hot Dog Topping Bar  <b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	17 Texas Toast Grilled Cheese  <b>Featured Veggies:</b> Steamed Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
20 Buffalo Bites Choice of Sauce  <b>Featured Veggies:</b> Smiley Fries Fresh Vegetables Choice of Fruit Choice of Milk	21 Nacho Grande Topping Bar  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	22 Beefaroni Pasta with meatsauce Garlic Bread  <b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	23 1/2 DAY CHEF'S CHOICE	24 1/2 DAY Last Day of School For Students  CHEF'S CHOICE
27 MEMORIAL DAY	28	29	30	31