

April - May  
2019



**Metz**  
CULINARY ARTS CENTER

Jr High /High School

**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

- Meal or meal 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**

Daily entrée options may include:

- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Cheese or Pepperoni Pizza
- Chicken Nuggets

**UP FOR GRABS**

- Chicken Caesar Salad with Dinner Roll
- Buffalo chicken Salad with Dinner Roll
- Chopped Garden Salad with Dinner Roll
- Taco Salad with Dinner Roll

- Buffalo Chicken Wrap
- Chicken Caesar Wrap

Assorted sandwich & Wraps



**Lunch Prices**

- Student \$3.00
- Reduced \$4.40
- Adult \$4.25

**General Manager**

Karen Chuba

Phone Number

215-736-5938

MA1094@METZCORP.COM

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4/1/19</p> <p><b>Hot Turkey &amp; Cheese</b> On a Pretzel Roll or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Tater Tots</b> <b>Romaine Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/2/19</p> <p><b>General Tso Chicken</b> Over Rice or <b>Built to order Burger Bar</b> On a Bun</p> <p>Featured Veggies: <b>Baked Beans</b> <b>Tomato &amp; Onion Salsa</b> Choice of Fruit Choice of Milk</p>	<p>4/3/19</p> <p><b>French Toast Sticks</b> With Sausage Patties or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Green Peas</b> <b>Fresh Cucumber Slices</b> Choice of Fruit Choice of Milk</p>	<p>4/4/19</p> <p><b>Mac &amp; Cheese Bar</b> choice of Toppings or <b>Built to order Cheese Steak Bar</b></p> <p>Featured Veggies: <b>Steamed Corn</b> <b>Caesar Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/5/19</p> <p><b>BBQ Steak &amp; Cheese</b> On a Bun or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Steamed Broccoli</b> <b>Cucumber Salad</b> Choice of Fruit Choice of Milk</p>
<p>4/8/19</p> <p><b>BBQ Steak &amp; Cheese</b> On a Bun or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Steamed Broccoli</b> <b>Cucumber Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/9/19</p> <p><b>Jerk seasoned Roasted chicken</b> with a Dinner Roll or <b>Built to order Burger Bar</b> On a Bun</p> <p>Featured Veggies: <b>Green Beans</b> <b>Spinach Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/10/19</p> <p><b>Mini Corn Dog</b> with a Dinner Roll or <b>Built to order Deli Bar</b> With choice of Assorted Breads</p> <p>Featured Veggies: <b>Broccoli Salad</b> <b>Steamed Corn</b> Choice of Fruit Choice of Milk</p>	<p>4/11/19</p> <p><b>Breakfast Scrambled Bowl</b> With choice of Assorted Breads or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Oven Fries</b> <b>Green Pepper Strips</b> Choice of Fruit Choice of Milk</p>	<p>4/12/19</p> <p><b>Chicken Fajita</b> On a Soft Tortilla or <b>Chicken Wing Bar</b> with choice of sauces</p> <p>Featured Veggies: <b>Steamed Carrots</b> <b>Greek Hummus</b> Choice of Fruit Choice of Milk</p>
<p>4/15/19</p> <p><b>Chicken Mash Potato Bowl</b> with a Dinner Roll or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Spinach Salad</b> <b>Steamed Carrots</b> Choice of Fruit Choice of Milk</p>	<p>4/16/19</p> <p><b>Jacked Up Fries</b> Cheese, Onion Rings, BBQ Sauce or <b>Built to order Burger Bar</b> On a Bun</p> <p>Featured Veggies: <b>Baked Beans</b> <b>Carrot Sticks</b> Choice of Fruit Choice of Milk</p>	<p>4/17/19</p> <p><b>Buffalo Chicken Dip</b> Tortilla Chips or <b>Built to order Deli Bar</b> With choice of Assorted Breads</p> <p>Featured Veggies: <b>Fresh Broccoli</b> <b>Green Peas</b> Choice of Fruit Choice of Milk</p>	<p>4/18/19</p> <p><b>Ham, egg and cheese</b> on a Honey Glazed Donut or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Caesar Salad</b> <b>Roasted Parsnips</b> Choice of Fruit Choice of Milk</p>	<p>4/19/19</p> <p><b>Banging Popcorn Shrimp</b> with a Dinner Roll or <b>Chicken Wing Bar</b> with choice of sauces</p> <p>Featured Veggies: <b>Tomato &amp; Onion Salad</b> <b>Broccoli Salad</b> Choice of Fruit Choice of Milk</p>
<p>4/22/19</p> <p><b>Buffalo Chicken Cheese Steak</b> On a Roll or <b>Built to order Burger Bar</b> On a Bun</p> <p>Featured Veggies: <b>Baked Beans</b> <b>Green Pepper Strips</b> Choice of Fruit Choice of Milk</p>	<p>4/23/19</p> <p><b>Blueberry Pancakes</b> with Sausage Links or <b>Built to order Deli Bar</b> With choice of Assorted Breads</p> <p>Featured Veggies: <b>Hash Brown Potato</b> <b>Spinach Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/24/19</p> <p><b>Hot Ham and Cheese</b> On a Pretzel Roll or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Green Beans</b> <b>Tomato &amp; Onion Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/25/19</p> <p><b>Hot Ham and Cheese</b> On a Pretzel Roll or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Green Beans</b> <b>Tomato &amp; Onion Salad</b> Choice of Fruit Choice of Milk</p>	<p>4/26/19</p> <p><b>Banging Popcorn Shrimp</b> with a Dinner Roll or <b>Chicken Wing Bar</b> with choice of sauces</p> <p>Featured Veggies: <b>Tomato &amp; Onion Salad</b> <b>Broccoli Salad</b> Choice of Fruit Choice of Milk</p>
<p>4/29/19</p> <p><b>Jacked Up Fries</b> <b>Buffalo chicken</b> or <b>Meatball Sub Bar</b> with a Dinner Roll</p> <p>Featured Veggies: <b>Corn Salad</b> <b>Baked Beans</b> Choice of Fruit Choice of Milk</p>	<p>4/30/19</p> <p><b>Chicken Parmesan</b> on a Bun or <b>Built to order Burger Bar</b> On a Bun</p> <p>Featured Veggies: <b>Steamed Corn</b> <b>Tomato &amp; Onion Salad</b> Choice of Fruit Choice of Milk</p>	<p>5/1/19</p> <p><b>Cheese Stuffed Shells</b> Garlic Bread or <b>Built to order Deli Bar</b> With choice of Assorted Breads</p> <p>Featured Veggies: <b>Green Peas</b> <b>Tomato Wedges</b> Choice of Fruit Choice of Milk</p>	<p>5/2/19</p> <p><b>PA Dutch Waffle</b> with Turkey Sausage or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Steamed Broccoli</b> <b>Celery Sticks with Ranch</b> Choice of Fruit Choice of Milk</p>	<p>5/3/19</p> <p><b>BBQ Roasted chicken</b> with a Dinner Roll or <b>Built to order Cheese Steak Bar</b></p> <p>Featured Veggies: <b>Glazed Carrots</b> <b>Cucumber Slices</b> Choice of Fruit Choice of Milk</p>
<p>5/6/19</p> <p><b>Chicken Mashed Potato Bowl</b> with a Dinner Roll or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Steamed Carrots</b> <b>Celery Sticks</b> Choice of Fruit Choice of Milk</p>	<p>5/7/19</p> <p><b>Cheese Steak</b> On a Sub Roll or <b>Built to order Burger Bar</b> On a Bun</p> <p>Featured Veggies: <b>Green Beans</b> <b>Greek Hummus</b> Choice of Fruit Choice of Milk</p>	<p>5/8/19</p> <p><b>Grilled Chicken</b> On a Roll or <b>Built to order Deli Bar</b> With choice of Assorted Breads</p> <p>Featured Veggies: <b>Green Peas</b> <b>Carrot Sticks</b> Choice of Fruit Choice of Milk</p>	<p>5/9/19</p> <p><b>Egg, Ham &amp; Cheese</b> On a Croissant or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Mexicala Corn</b> <b>Broccoli Salad</b> Choice of Fruit Choice of Milk</p>	<p>5/10/19</p> <p><b>Pulled BBQ Pork</b> On a Bun or <b>Chicken Wing Bar</b> with choice of sauces</p> <p>Featured Veggies: <b>Steamed Carrots</b> <b>Greek Hummus</b> Choice of Fruit Choice of Milk</p>