

May - June  
2019



**Metz**

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

- Meat or meat 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 \$ .40  
Adult \$4.25

**General Manager**

Karen Chuba  
Phone Number  
215-736-5938

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/13/19</p> <p><b>General Tso's Chicken Over Rice</b> or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Steamed Broccoli</b> Broccoli Choice of Fruit Choice of Milk</p>	<p>5/14/19</p> <p><b>Turkey Sandwich Bar</b> or <b>Built to order Burger Bar On a Bun</b></p> <p>Featured Veggies: <b>Mashed Potatoes</b> Cauliflower Choice of Fruit Choice of Milk</p>	<p>5/15/19</p> <p><b>Fish Sandwich On a Roll</b> or <b>Built to order Hoagie Bar</b></p> <p>Featured Veggies: <b>Steamed Corn</b> Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>5/16/19</p> <p><b>Sausage, Egg &amp; Cheese Croissant</b> or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Spudsters</b> Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5/17/19</p> <p><b>Popcorn Shrimp with a Dinner Roll</b> or <b>Built to order Cheese Steak Bar</b></p> <p>Featured Veggies: Green Peas Baby Carrots Choice of Fruit Choice of Milk</p>
<p>5/20/19</p> <p><b>French Toast Sticks</b> or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Steamed Peas</b> Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5/21/19</p> <p><b>NO SCHOOL</b></p>	<p>5/22/19</p> <p><b>Sloppy Joe with Cheese On a Bun</b> or <b>Built to order Deli Bar</b></p> <p>Featured Veggies: Green Beans <b>Green Pepper Strips</b> Choice of Fruit Choice of Milk</p>	<p>5/23/19</p> <p><b>Pulled Pork Sandwich On a Bun</b> or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Steamed Peas</b> Celery Sticks Choice of Fruit Choice of Milk</p>	<p>5/24/19</p> <p><b>French Bread Pizza</b> or <b>Chicken Wing Bar with choice of sauces</b></p> <p>Featured Veggies: <b>Steamed Corn</b> Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>5/27/19</p> <p><b>NO SCHOOL</b></p>	<p>5/28/19</p> <p><b>Hot Dog Bar</b> Cheese, Peppers &amp; Onions, Chili or <b>Built to order Burger Bar On a Bun</b></p> <p>Featured Veggies: <b>French Fries</b> Baby Carrots Choice of Fruit Choice of Milk</p>	<p>5/29/19</p> <p><b>Mac &amp; Cheese Bar</b> or <b>Built to order Deli Bar</b></p> <p>Featured Veggies: <b>Stewed Tomatoes</b> Cauliflower Florets Choice of Fruit Choice of Milk</p>	<p>5/30/19</p> <p><b>Ham, Egg &amp; Cheese On a Croissant</b> or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Baked Beans</b> Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5/31/19</p> <p><b>Stuffed Crust Pizza</b> or <b>Built to order Cheese Steak Bar</b></p> <p>Featured Veggies: <b>Steamed Carrots</b> Corn Salad Choice of Fruit Choice of Milk</p>
<p>6/3/19</p> <p><b>Chocolate Chip Pancakes</b> or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Spudsters</b> Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>6/4/19</p> <p><b>Fish Sandwich On a Bun</b> or <b>Built to order Burger Bar On a Bun</b></p> <p>Featured Veggies: <b>Baked Beans</b> <b>Green Pepper Strips</b> Choice of Fruit Choice of Milk</p>	<p>6/5/19</p> <p><b>Ham &amp; Cheese on a Pretzel Roll</b> or <b>Built to order Deli Bar</b></p> <p>Featured Veggies: <b>Hash Brown Potato</b> Cauliflower Choice of Fruit Choice of Milk</p>	<p>6/6/19</p> <p><b>Toasted Cheese Sandwich</b> or <b>Built to order Nacho Bar</b></p> <p>Featured Veggies: <b>Tomato Soup</b> Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6/7/19</p> <p><b>French Bread Pizza</b> or <b>Chicken Wing Bar with choice of sauces</b></p> <p>Featured Veggies: <b>Tomato &amp; Onion Salad</b> Broccoli Salad Choice of Fruit Choice of Milk</p>
<p>6/10/19</p> <p><b>Mini Waffles w/ Turkey Sausage</b> or <b>Meatball Sub Bar</b></p> <p>Featured Veggies: <b>Spudsters</b> Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6/11/19</p> <p><b>Cold Lunch Only PB &amp; J</b> or <b>Yogurt, Cheese &amp; Crackers</b></p> <p>Choice of Fruit Choice of Milk</p>	<p>6/12/19</p> <p><b>Cold Lunch Only PB &amp; J</b> or <b>Yogurt, Cheese &amp; Crackers</b></p> <p>Choice of Fruit Choice of Milk</p>	<p>6/13/19</p> <p><b>Cold Lunch Only PB &amp; J</b> or <b>Yogurt, Cheese &amp; Crackers</b></p> <p>Choice of Fruit Choice of Milk</p>	<p>6/14/19</p>
<p>6/17/19</p>	<p>6/18/19</p>	<p>6/19/19</p>	<p>6/20/19</p>	<p>6/21/19</p>