

**February
2019**



Metz
CULINARY MANAGEMENT



**S.H.C.S.D. HS & MS
Lunch Menu**



Monday

Tuesday

Wednesday

Thursday

Friday

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

Pizza is Available every Monday, Wednesday & Friday

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Chef Salad with Dinner Roll
Italian Salad with Dinner Roll
Taco Salad with Dinner Roll



Lunch Prices
Student \$2.25
Reduced \$.40
Adult \$3.25

General Manager
MISHELL SCHLEGEL

Phone Number-447-5529 Ext.2336

Email

mschlegel@shcsd.org

USDA is an equal opportunity provider and employer.

WWW.MYSCHOOLACCOUNT.COM
You can register child's lunch account online.
With this system you are able to monitor purchases, make payments and keep a close eye on all transactions.
Please contact the Foodservice Office at (814)447-5529, Ext. 2336 for help setting up your child's account.



1

SUPER BOWL PARTY! F

4
Spicy Chicken Patty Sandwich on a Bun or Ham & Cheese Wedge on FlatBread
Featured Veggies:
Ranch Potatoes
Fresh Carrots
Choice of Fruit & Milk
A




5
Flatbread White Pizza w/Marinara Sauce or Sloppy Joe on a Bun
Featured Veggies:
Green Peas
Garden Salad
Choice of Fruit & Milk
B



CHINESE NEW YEAR
General Tso's Chicken w/Fortune Cookie or Hamburger on a Bun
Featured Veggies:
Steamed Broccoli
Fresh Cucumber Slices
Choice of Fruit & Milk
C

7
Tater Tot Bowl:
Cheeseburger / Taco or Hot Dog on a Bun
Featured Veggies:
Tater Tots
Shredded Lettuce/ Tomatoes
Choice of Fruit & Milk
D



8
Homemade Pizza Casserole or Corn Dog
Featured Veggies:
Fresh Celery w/PB
Green Beans
Choice of Fruit & Milk
E

11
Dip It Chicken Sandwich on a Roll or Pulled Pork BBQ Sandwich
Featured Veggies:
Scalloped Potatoes
Steamed Carrots
Choice of Fruit & Milk
F




12
SALAD BAR
Grilled Chicken or Steak Salad w/Homemade Roll or Rib-B-Que Sandwich
Featured Veggies:
Curly Fries
Tomato Wedges
Choice of Fruit & Milk
A

13
Jacked Up Buffalo Chicken Fries w/Homemade Roll or Jacked Up Cheesesteak Fries w/Homemade Roll
Featured Veggies:
French Fries
Fresh Celery
Choice of Fruit & Milk
B

14
Walking Dorito Taco w/Toppings or Cheeseburger on a Bun
Featured Veggies:
Golden Corn
Salsa
Choice of Fruit & Milk C
EARLY DISMISSAL at 11:45

15
MEATBALL MANIA!
Put your Meatballs in a:
Bread Bowl
Hoagie
Pasta
Featured Veggies:
Caesar Salad
Garden Peas
Choice of Fruit & Milk
D



18
PRESIDENT'S DAY

NO SCHOOL!

19
2 for Tuesday Taco's w/Toppings or Chicken Fajita w/Toppings
Featured Veggies:
Diced Tomatoes
Corn
Choice of Fruit & Milk
E


20
Flat Mac w/Special Sauce or Cheese Steak Hoagie on a Bun
Featured Veggies:
Wedge Fries
Tomato Slices
Choice of Fruit & Milk
F



21
MAC & CHEESE BAR or Buffalo Ranch Chicken Sub
Featured Veggies:
Green Beans
Steamed Broccoli
Choice of Fruit & Milk
A

22
NATIONAL PANCAKE DAY!
Pancakes w/Sausage Links or Cheeseburger on a Bun
Featured Veggies:
Tater Tots
Fresh Carrots
Choice of Fruit & Milk
B

25
Chicken Nuggets w/Biscuit or Apple BBQ Pulled Pork on a Bun
Featured Veggies:
Steamed Broccoli w/Cheese
Fresh Carrots
Choice of Fruit & Milk
C



26
Open Faced Hot Roast Beef Sandwich or Hot Dog on a Bun
Featured Veggies:
Mashed Potatoes
Steamed Carrots
Choice of Fruit & Milk
D

27
Buffalo Chicken Flatbread or Hamburger on a Bun
Featured Veggies:
Fresh Celery
Sweet Potatoes
Choice of Fruit & Milk
E



28
Texas Toasted Cheese Sandwich or Sloppy Joe on a Bun
Featured Veggies:
Tomato Soup
Peas
Choice of Fruit & Milk
F

