

**January
2019**



Metz
CULINARY MANAGEMENT

**S.H.C.S.D. HS & MS
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, 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



"METZ GRILLE"

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.

Monday



7
Dip-It Chicken Sandwich on a Bun
or
Corn Dog
Featured Veggies:
Oven Fries
Tomato Slices
Choice of Fruit & Milk
F

14
Chicken Nuggets w/Biscuit
or
Apple BBQ Pulled Pork on a Bun
Featured Veggies:
Broccoli w/Cheese Sauce
Ceasar Salad
Choice of Fruit & Milk
E

21
Chicken Patty Sandwich on a Bun
or
Ham BBQ Sandwich on a Bun
Featured Veggies:
Scalloped Potatoes
Cucumber Slices
Choice of Fruit & Milk
MARTIN LUTHER KING JR. DAY

28
Spicy Chicken Patty Sandwich on a Bun
or
Ham & Cheese Wedge on Flatbread
Featured Veggies:
Broccoli w/Cheese Sauce
Cucumber Slices
Choice of Fruit & Milk
C

Tuesday

1
Happy New Years from the Cafeteria Staff. Have a Great Break!

8
Walking Dorito Taco w/Toppings
or
Chicken fajita w/Toppings
Featured Veggies:
Salsa
Green Beans
Choice of Fruit & Milk
A

BREAKFAST 4 LUNCH
French Toast Sticks w/Sausage Patties
or
Breakfast Burrito
Featured Veggies:
Tri Taters
Carrot Sticks
Choice of Fruit & Milk
F

22
Flat Mac
or
Rib-B-Que Sandwich on a Bun
Featured Veggies:
Wedge Fries
Tomato Slices/Shredded Lettuce
Choice of Fruit & Milk
E

BUILD a BURGER BAR
Burger w/Toppings on a Bun
or
Hot Dog on a Bun
Featured Veggies:
Oven French Fries
Lettuce & Tomato Slices
Choice of Fruit & Milk
D

Wednesday

2
Jacked Up Buffalo Chicken Fries w/Roll
or
Jacked Up Cheesesteak Fries w/Roll
Featured Veggies:
French Fries
Fresh Celery
Choice of Fruit & Milk
C

9
Buffalo Ranch Chicken Flatbread
or
Baked Potato Bar w/Toppings
Featured Veggies:
Fresh Celery
Steamed Broccoli
Choice of Fruit & Milk
B

16
Open Faced Hot Roast Beef Sandwich
or
Hamburger on a Bun
Featured Veggies:
Mashed Potatoes
Celery Sticks
Choice of Fruit & Milk
A

23
Nachos Grande w/Toppings
or
Cheeseburger on a Bun
Featured Veggies:
Garden Peas
Corn
Choice of Fruit & Milk
F

30
Meatball Hoagie w/Cheese
or
Pulled Pork Sandwich
Featured Veggies:
Golden Corn
Celery w/Peanut Butter
Choice of Fruit & Milk
E

Thursday

3
Pork w/Sauerkraut and Roll
or
Hot Dog on a Bun
Featured Veggies:
Mashed Potatoes
Fresh Carrots
Choice of Fruit & Milk
D

10
Chicken Mashed Potato Bowl w/Biscuit
or
BBQ Ribby Sandwich on a Bun
Featured Veggies:
Mashed Potatoes
Golden Corn
Choice of Fruit & Milk
C

17
Texas Toasted Cheese Sandwich
or
Sloppy Joe on a Bun
Featured Veggies:
Tomato Soup
Garden Peas
Choice of Fruit & Milk
B

24
Spaghetti with Meatballs
or
Ham & Cheese on a Pretzel Roll
Featured Veggies:
Green Beans
Baked Beans
Choice of Fruit & Milk
A

31
Roasted Chicken w/Biscuit
or
Turkey & Cheese on a Bagel
Featured Veggies:
Mashed Potatoes
Steamed Carrots
Choice of Fruit & Milk
F

Friday

4
Cheesestick Dippers w/Sauce
or
BBQ Ribby Sandwich on a Bun
Featured Veggies:
Garden Peas
Ceasar Salad
Choice of Fruit & Milk
E

11
Mac & Cheese
or
Hot/Mild Sausage Sandwich
Featured Veggies:
Garden Peas
Baked Beans
Choice of Fruit & Milk
D

18
Bacon Cheeseburger on a Bun
or
Turkey, Ham & Cheese on a Croissant
Featured Veggies:
Curly Fries
Chick Peas
Choice of Fruit & Milk
C

25
Buffalo Chicken Dip w/Nacho Chips
or
Cheese Steak Hoagie
Featured Veggies:
Romaine Salad
Tomato Slices
Choice of Fruit & Milk
B

www.myschoolaccount.com
Register your child's lunch account on line. With this system you are able to monitor purchases, make payments and keep a close eye on all transactions. Please contact the Foodservice Office if you have any questions at 447-5529 Ext. 2336.

