

**MARCH
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



WWW.MYSCHOOLACCOUNT.COM

You can register child's lunch account online. With this system you are able to monitor purchases, make payments & track all transactions.

**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.

MARCH MADNESS:
3/10-Daylight Savings Time begins-Turn your clock ahead!
3/21-Hello Spring
March is National Nutrition Month! Watch for tasty, nutritious dishes the Cafeteria Staff will prepare for you to sample!



4
Dip-It Chicken Sandwich or Corn Dog
Featured Veggies:
Scalloped Potatoes
Carrot Sticks
Choice of Fruit & Milk
D



PASTA BAR
Chicken Alfredo w/Breadstick or Cheese Steak Hoagie on a Bun
Featured Veggies:
Ceasar Salad
Green Beans
Choice of Fruit & Milk
E

6
Flat Mac or Rib-B-Que Sandwich on a Bun
Featured Veggies:
Wedge Fries
Tomato Slices
Choice of Fruit & Milk
F

7
Taco Bowl Beef or Chicken or Hot Dog on a Bun
Featured Veggies:
Refried Beans
Golden Corn
Choice of Fruit & Milk
A

8
Mac & Cheese Bar or Ham & Cheese on a Pretzel Roll
Featured Veggies:
Steamed Broccoli
Tossed Salad
Choice of Fruit & Milk
B

11
Chicken Patty Sandwich on a Bun or BBQ Ham Sandwich on a Bun
Featured Veggies:
Baked Beans
Carrots
Choice of Fruit & Milk
C



BUILD a BURGER
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

13
Roasted BBQ Chicken w/Roll or Ham & Cheese on a Bagel
Featured Veggies:
Mashed Potatoes w/Gravy
Cherry Tomatoes
Choice of Fruit & Milk
E

14
Flatbread White Pizza with Sauce or All American Hoagie with Toppings
Featured Veggies:
Golden Corn
Broccoli Salad
Choice of Fruit & Milk
F
CHICKEN NOODLE SOUP DAY!

15
Mardi Gras Party!


18
Spicy Chicken Patty on a Bun or Ham & Cheese Wedge on Flatbread
Featured Veggies:
Steamed Broccoli w/Cheese Sauce
Cucumber Slices
Choice of Fruit & Milk
B

TATER TOT BOWL
TATER TOTS with Cheeseburger or Taco or Hot Dog on a Bun
Featured Veggies:
Tater Tots
Fresh Celery
Choice of Fruit & Milk
C

20
Spaghetti with Meat Sauce or Sloppy Joe on a Bun
Featured Veggies:
Toss Salad
Green Beans
Choice of Fruit & Milk
D

21
Grilled Chicken or Steak Salad w/Homemade Roll or Rib-B-Que Sandwich on a Bun
Featured Veggies:
French Fries
Fresh Carrots
Choice of Fruit & Milk
HELLO SPRING!
E

22
Cheese Stick Dippers w/Sauce or Crunchy Fish Sandwich on a Bun
Featured Veggies:
Cole Slaw
Steamed Peas & Carrots
Choice of Fruit & Milk
F

25
Hot/Mild Sausage Sandwich or Meatball Hoagie w/Cheese
Featured Veggies:
Ranch Potatoes
Steamed Carrots
Choice of Fruit & Milk
A

26
Walking Dorito Taco w/Toppings or Cheeseburger on a Bun
Featured Veggies:
Golden Corn
Green Beans
Choice of Fruit & Milk
B

27
Jacked Up Buffalo Chicken Fries w/Homemade Roll or Jacked Up Cheesesteak Fries w/Homemade Roll
Featured Veggies:
French Fries
Fresh Carrots
Choice of Fruit & Milk
C

28
General Tso's Chicken over Rice or Hot Italian Grinder on a Bun
Featured Veggies:
Steamed Broccoli
Fresh Cucumber Slices
Choice of Fruit & Milk
D

29
Buffalo Chicken Dip with Scoops or Homemade Chili
Featured Veggies:
Peas
Fresh Celery
Choice of Fruit & Milk
E

