Metz

ST JOSEPH SCHOOL **LUNCH MENU**

What is a Meal?
You must choose at least 3 of the 5 components available for the school

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, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME! DAILY ALTERNATES.

Fresh Entree Salad Every Week or a **Lunch Meat Sandwich**

Nutritious Friends Look for our Nutritious Friend of the Month Served on the menu. This month



Lunch Prices Student \$3.50

Adult \$4.50

General Manager Mike Heimbuch 717-856-3074 Kitchen Manager Mike Heimbuch 717-766-2564 Email ma1082@metzcorp.com

Monday

Taco Tuesday

Wednesday

Thursday

Chicken Nuggets

Pasta with Chicken Alfredo

Featured Vegaies:

Steamed Broccoli Pepper Strips Featured Fruit Choice of Milk

Pizza Friday!

Cheese Pizza

or Chicken Patty Sandwich

Featured Vegaies:

Fresh Sliced Cucumbers Mini Salad Featured Fruit Choice of Milk

Mac N Cheese

Chicken Nuggets

Featured Veggies:

Peas Pepper Strips Featured Fruit Choice of Milk

12

Corn Dog

French Toast Sticks with

Sausage Patty

Featured Vegaies:

Sweet Potato

Pepper Strips

Featured Fruit

Choice of Milk

Corn Doa **Featured Veggies:**

6

Walking Taco

With Pretzel Stick

Steamed Corn Caesar Salad Featured Fruit Choice of Milk

13

Nacho Grande With

WG Pretzel Stick

Popcorn Chicken

Featured Veggies:

Baked Beans

Cherry Tomatoes

Featured Fruit

Mashed Potato Cucumber Slices Featured Fruit Choice of Milk

Ham and Cheese on

a Croissant

Popcorn Chicken

Featured Veggies:

14

Cheesy Pizza Sticks

with dipping sauce

Pierogies

Featured Veggies:

Green Beans

Carrot Sticks

Featured Fruit

Choice of Milk

Toasted Cheese

Chicken Patty Sandwich

Featured Veggies:

Tomato Soup Corn Salad Featured Fruit Choice of Milk

15

Pasta with

Chicken Alfredo

Cheeseburger

Featured Vegaies:

Steamed Corn

Fresh Broccoli

Featured Fruit

Cheesy Pizza Sticks with dipping sauce Sloppy Joe

Featured Veggies:

Green Beans Carrot Sticks

Featured Fruit Choice of Milk

Cheesy Pizza Sticks with dipping sauce

Chicken Patty

Featured Veggies:

Potato Wedges Cucumber Slices Featured Fruit Choice of Milk

Pork BBQ Sandwich

Mac N Cheese

Featured Veggies:

Stewed Tomato Green Pepper Strips Featured Fruit Choice of Milk

Choice of Milk 20

Walking Taco with WG Pretzel Stick Chicken Nuggets

Featured Veggies:

Steamed Corn Lettuce & Tomato Featured Fruit Choice of Milk

Cheeseburger

Hot Dog

Featured Veggies:

Fresh Cucumbers Fresh Carrots Featured Fruit Choice of Milk

Choice of Milk

Pizza Sticks With Dipping Sauce Chicken Quesadilla

Featured Veggies:

Green Beans Pepper Strips Featured Fruit Choice of Milk

23

No School

26

No School

27 Nacho Grande

with Pretzel Stick Popcorn Chicken

Featured Veggies:

Baked Beans Cherry Tomatoes Featured Fruit Choice of Milk

28

French Toast Sticks with Sausage

> Pork BBQ Sandwich

Featured Veggies: Green Beans

Salad Featured Fruit Choice of Milk

29

Ham & Cheese Melt On a Croissant

Pasta and Meatballs

Featured Vegaies:

Slice Cucumber Fresh Carrot Sticks Featured Fruit Choice of Milk

30 Cheese Pizza

Chicken Patty

Featured Veggies:

Potato Wedges **Cucumber Slices** Featured Fruit Choice of Milk

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