

**MAY
2019**



Metz
CULINARY MANAGEMENT

**Danville 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

Up For Grabs:
Select Salads with Dinner Roll
Assortment of Wraps
Grab & Go
Craveables



Lunch Prices
Student \$2.55
Reduced \$.40
Adult \$3.75

General Manager- Bob Lauck
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>Penne Pasta w/ Meatballs with a Dinner Roll or Grilled Chicken & Cheese On a Roll Featured Veggies: Caesar Salad Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Twin Beef Tacos Spanish Rice or Hot Ham and Cheese On a Pretzel Roll Featured Veggies: Lettuce & Diced Tomatoes Refried Beans Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Italian Sausage & Peppers On a Roll or Cowboy Burger On a Roll Featured Veggies: Curley Fries Red & Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Steak Gyro On Flat Bread or Chicken Parmesean On a Roll Featured Veggies: Sweet Potato Fries Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Grilled Cheese Pretzel Stick or Italian Meatballs and Cheese On a Roll Featured Veggies: Cheesy Broccoli Mango Salsa Choice of Fruit Choice of Milk</p>
<p>6</p> <p>Cheesy Beef Mac Garlic Bread Stick or Pulled BBQ Pork On a Bun Featured Veggies: Sweet Potato Fries Italian Romaine Salad Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Pizza Sticks with dipping sauce or Swedish Meatballs w/ noodles with a Dinner Roll Featured Veggies: Chick Pea Salad Green Beans Choice of Fruit Choice of Milk</p>	<p>8</p> <p>General Tso Chicken Over Rice or Chicken Tender Fritters with a Dinner Roll Featured Veggies: Steamed Corn Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Buffalo Chicken Mac & Cheese with a Dinner Roll or BBQ Ribby On a Roll Featured Veggies: Steamed Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Jacked Up Ironmen Fries Pretzel Stick or Chicken Parmesan On a Roll Featured Veggies: Romaine Salad Peas & Carrots Choice of Fruit Choice of Milk</p>
<p>13</p> <p>French Toast Sticks with Sausage Patty or Turkey & Cheese Melt On a Pretzel Roll Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Philly Steak & Cheese On a Roll or Buffalo Chicken Dip with a Dinner Roll Featured Veggies: Red & Green Pepper Strips Sweet Potato Fries Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Penne Pasta & Meatballs Garlic Bread Stick or BBQ Ribby On a Roll Featured Veggies: Green Beans Italian Salad Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Asian Sesame Chicken Bowl Over Rice or Italian Meatballs and Cheese On a Roll Featured Veggies: Rice Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Grilled Chicken Club Sandwich On a Roll or Nachos Grande Tortilla Chips Featured Veggies: Chick Pea Salad Lettuce & Diced Tomatoes Choice of Fruit Choice of Milk</p>
<p>20</p> <p>Cheese Pizza Dunkers with dipping sauce or Buffalo Chicken Sandwich On a Roll Featured Veggies: Potato Triangles Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Walking Taco Spanish Rice or Hot Ham and Cheese On a Pretzel Roll Featured Veggies: Baby Carrots Refried Beans Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Popcorn Chicken Bowl over Rice or Corn Dog Pretzel Stick Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Penne Pasta & Meat Sauce Garlic Bread Stick or Southern BBQ Pork On a Roll Featured Veggies: Cucumber Slices Sweet Potato Fries Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Bang'n Shrimp Salad with a Dinner Roll or Italian Meatballs and Cheese On a Roll Featured Veggies: Steamed Broccoli Mango Salsa Choice of Fruit Choice of Milk</p>
<p>27 NO SCHOOL</p>	<p>28</p> <p>Ultimate Nachos Tortilla Chips or Cowboy Burger On a Roll Featured Veggies: Lettuce & Diced Tomatoes Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Chicken with gravy Over a Biscuit or Pulled BBQ Pork On a Roll Featured Veggies: French Fries Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Loaded Tater Tot Bowl or Corn Dog Pretzel Stick Featured Veggies: Cucumber Salad Steamed Corn Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Smothered Pierogies Pretzel Stick or Chicken Nuggets with a Dinner Roll Featured Veggies: Potato Triangles Caesar Salad Choice of Fruit Choice of Milk</p>