

**MAY
2019**



Metz
CULINARY MANAGEMENT



**Danville Middle School
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:
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

Look for Positive Plantain for Sampling Days



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

General Manager- Bob Lauck
Phone Number-(570)271-3268 ext.3101
Email- metz@danville.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 Spaghetti w/ Meatballs with a Dinner Roll or Buffalo Chicken Sandwich On a Roll Featured Veggies: Caesar Salad Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>30 Twin Beef Tacos Tortilla Chips 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 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 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 Grilled Cheese Pretzel Stick or Italian Meatballs and Cheese On a Roll Featured Veggies: French Fries Baby Carrots Choice of Fruit Choice of Milk</p>
<p>6 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 Chicken Fajita On a Soft Tortilla or Swedish Meatballs w/ noodles with a Dinner Roll Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>8 Sweet & Sour Chicken Bowl Over Rice or Chicken Tender Fritters with a Dinner Roll Featured Veggies: Sliced Cucumbers Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>9 Chicken Cheese Steak On a Roll or BBQ Ribby On a Roll Featured Veggies: Steamed Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>10 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 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 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 Penne Pasta & Meatballs Garlic Bread Stick or BBQ Ribby On a Bun Featured Veggies: Green Beans Italian Salad Choice of Fruit Choice of Milk</p>	<p>16 Asian Sesame Chicken Bowl Over Rice or Italian Meatballs and Cheese On a Roll Featured Veggies: Cucumber Salad Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>17 Chili Cheese Dogs On a Roll or Cheeseburger On a Bun Featured Veggies: Plantains Baked Beans Choice of Fruit Choice of Milk</p>
<p>20 Cheese Pizza Dunkers with dipping sauce or Grilled Chicken & Cheese On a Roll Featured Veggies: Potato Triangles Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>21 Walking Taco 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>22 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 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 Fish Sandwich On a Roll or Italian Meatballs and Cheese On a Roll Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>
<p>27 No School Memorial Day</p>	<p>28 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 Salisbury Steak Buttered Noodles or Pulled BBQ Pork On a Roll Featured Veggies: Mashed Potatoes Peas & Carrots Choice of Fruit Choice of Milk</p>	<p>30 Loaded Tater Tot Bowl or Corn Dog Pretzel Stick Featured Veggies: Tater Tots Steamed Corn Choice of Fruit Choice of Milk</p>	<p>31 Smothered Pierogies Pretzel Stick or Chicken Nuggets with a Dinner Roll Featured Veggies: Potato Triangles Steamed Carrots Choice of Fruit Choice of Milk</p>