

**NOVEMBER
2020**



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



Lunch Prices
Students - **\$FREE**

Adult \$3.75

General Manager- Bob Lauck
Phone- (570)271-3268 ext.2126
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Monday

2

Italian Cheese Dunkers
with dipping sauce

Featured Veggies:

Green Peas
Caesar Salad
Choice of Fruit
Choice of Milk

9

Spaghetti & Meatballs
Garlic Bread Stick

Featured Veggies:

Green Peas
Caesar Salad
Choice of Fruit
Choice of Milk

16

Pulled Pork BBQ
On a Bun

Featured Veggies:

Oven Fries
Italian Salad
Choice of Fruit
Choice of Milk

23

Cheese Ravioli & Meatballs
Garlic Bread Stick

Featured Veggies:

Green Peas
Caesar Salad
Choice of Fruit
Choice of Milk

30

No School



Tuesday

3

Walking Tacos
Tortilla Chips



Featured Veggies:

Refried Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

10

Buffalo Chicken Dip
Tortilla Chips

Featured Veggies:

Baked Beans
Curley Fries
Choice of Fruit
Choice of Milk

17

Ultimate Nachos Grande
Tortilla Chips

Featured Veggies:

Lettuce & Tomato
French Fries
Choice of Fruit
Choice of Milk

24

Twin Tacos
Tortilla Chips

Featured Veggies:

Refried Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

1

Chicken & Cheese Quesadilla
On a Soft Tortilla

Featured Veggies:

Potato Triangles
Baked Beans
Choice of Fruit
Choice of Milk

Wednesday

4

Grilled BBQ Chicken sandwich
On a Roll

Featured Veggies:

Curley Fries
Cucumber Salad
Choice of Fruit
Choice of Milk

11

Chicken with gravy
Over a Biscuit



Featured Veggies:

Mexicala Corn
Cucumber Salad
Choice of Fruit
Choice of Milk

18

Roast Tom Turkey
with Gravy
Cranberry Sauce
Homemade Stuffing
with a Dinner Roll



Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

25

No School



2

Salisbury Steak
Buttered Noodles

Featured Veggies:

Mashed Potatoes
Peas & Carrots
Choice of Fruit
Choice of Milk

Thursday

5

Penne Pasta & Meat Sauce
Garlic Bread Stick

Featured Veggies:

Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

12

Southwest Chicken Bowl
over Rice

Featured Veggies:

Steamed Corn
Baby Carrots
Choice of Fruit
Choice of Milk

19

Steak Gyro
On Flat Bread

Early Dismissal

Featured Veggies:

Lettuce & Tomato
Red & Green Pepper Strips
Choice of Fruit
Choice of Milk

26

No School



3

Loaded Tater Tot Bowl
Dinner Roll

Featured Veggies:

Tater Tots
Steamed Corn
Choice of Fruit
Choice of Milk

Friday

6

Grilled Cheese Sandwich

or
Fish Sticks
with Tartar Sauce

Featured Veggies:

Tomato Soup
Green Beans
Choice of Fruit
Choice of Milk

13

Smothered Pierogies
Pretzel Stick

Featured Veggies:

Cherry Tomatoes
Green Beans
Choice of Fruit
Choice of Milk

20

Jacked Up Ironmen Fries
with a Dinner Roll

Featured Veggies:

Cheesy Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

27

No School



4

Macaroni & Cheese
Pretzel Stick

Featured Veggies:

Stewed Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk