

OCTOBER
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
Student - **Free**
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>28 No School</p>	<p>29 Walking Tacos Tortilla Chips</p> <p>Featured Veggies: Lettuce & Tomato Refried Beans Choice of Fruit Choice of Milk</p>	<p>30 Southwest Chicken Bowl Over Rice</p> <p>Featured Veggies: Steamed Corn Caesar Salad Choice of Fruit Choice of Milk</p>	<p>1 Penne Pasta & Meatsauce Garlic Bread Stick</p> <p>Featured Veggies: Italian Salad Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>2 Fish Sandwich On a Roll</p> <p>Featured Veggies: French Fries Green Beans Choice of Fruit Choice of Milk</p>
<p>5 Pulled Pork BBQ On a Bun</p> <p>Featured Veggies: Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>6 Chicken & Cheese Quesadilla On a Soft Tortilla</p> <p>Featured Veggies: Baby Carrots Baked Beans Choice of Fruit Choice of Milk</p>	<p>7 Sausage, Egg & Cheese Sandwich Bagel</p> <p>Featured Veggies: Tater Tots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>8 Steak Gyro On Flat Bread</p> <p>Featured Veggies: Sweet Potato Fries Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p>9 Jacked Up Ironmen Fries with a Dinner Roll</p> <p>Featured Veggies: Cherry Tomatoes Green Peas & Carrots Choice of Fruit Choice of Milk</p>
<p>12 Cheese Raviolis Garlic Bread Stick</p> <p>Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk</p>	<p>13 Twin Tacos Tortilla Chips</p> <p>Featured Veggies: Lettuce & Tomato Refried Beans Choice of Fruit Choice of Milk</p>	<p>14 Italian Sausage & Peppers On a Roll</p> <p>Featured Veggies: French Fries Red & Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>15 Sweet & Sour Orange Chicken Over Rice</p> <p>Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>16 Grilled Cheese Sandwich</p> <p>Featured Veggies: Tomato Soup Green Beans Choice of Fruit Choice of Milk</p>
<p>19 Chicken Alfredo over Penne Garlic Bread Stick</p> <p>Featured Veggies: Steamed Carrots Caesar Salad Choice of Fruit Choice of Milk</p>	<p>20 Chicken & Cheese Quesadilla On a Soft Tortilla</p> <p>Featured Veggies: Potato Triangles Baked Beans Choice of Fruit Choice of Milk</p>	<p>21 Salisbury Steak Buttered Noodles</p> <p>Featured Veggies: Mashed Potatoes Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>22 Loaded Tater Tot Bowl Choice of Bread or Roll</p> <p>Featured Veggies: Tater Tots Steamed Corn Choice of Fruit Choice of Milk</p>	<p>23 Macaroni & Cheese Pretzel Stick</p> <p>Featured Veggies: Stewed Tomatoes Italian Salad Choice of Fruit Choice of Milk</p>
<p>26 French Toast Sticks with Sausage Patties</p> <p>Featured Veggies: Tater Tots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>27 Philly Cheese Steak On a Roll</p> <p>Featured Veggies: Green Beans French Fries Choice of Fruit Choice of Milk</p>	<p>28 Penne Pasta & Meatballs Garlic Bread Stick</p> <p>Featured Veggies: Glazed Carrots Italian Salad Choice of Fruit Choice of Milk</p>	<p>29 Asian Sesame Chicken Over Rice</p> <p>Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>30 No School</p>