

# March/April 2024



**Metz**  
CULINARY MANAGEMENT




**Danville Liberty Valley 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 chocolate

**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

**Daily Entree Options May Include:**  
PB&J w/ Vegetable & Fruit  
Ham & Cheese Wrap  
Yogurt Craveable w/ Goldfish Snack & String Cheese

Monday 3/4/2024	Tuesday 3/5/2024	Wednesday 3/6/2024	Thursday 3/7/2024	Friday 3/8/2024
<b>Italian Pizza Dunkers</b> <b>All Beef Hot Dog on Roll</b> <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	<b>Sloppy Joe</b> <b>Mini Corn Dogs w/ Pretzel</b> <b>Featured Veggies:</b> Steamed Diced Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Macaroni &amp; Cheese w/Brstk.</b> <b>Cheeseburger on Bun</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Sweet &amp; Sour Chix over Rice</b> <b>Chicken Nuggets with Roll</b> <b>Featured Veggies:</b> Oven Fries Fresh Vegetables Choice of Fruit Choice of Milk	<b>Pierogies w/ Roll</b> <b>Pepperoni or Cheese Pizza</b> <b>Featured Veggies:</b> Peas Fresh Vegetables Choice of Fruit Choice of Milk
3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024
<b>Stuffed Shells w/ Brdstk.</b> <b>Ham &amp; Cheese on Pretzel Roll</b> <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	<b>Chix &amp; Cheese Quesadilla</b> <b>Mini Corn Dogs &amp; Pretzel Stix</b> <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Popcorn Chicken Bowl w/Roll</b> <b>Cheeseburger on Bun</b> <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	<b>Pulled Pork on Bun</b> <b>Chicken Nuggets w/ Roll</b> <b>Featured Veggies:</b> Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	<b>Breaded Fish Sticks w/ Roll</b> <b>Cheese Pizza</b> <b>Featured Veggies:</b> Broccoli Fresh Vegetables Choice of Fruit Choice of Milk
3/18/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024
<b>Walking Tacos</b> <b>Chicken Patty on Bun</b> <b>Featured Veggies:</b> Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Philly Cheesesteak</b> <b>Mini Corn Dogs w/Pretzel Stk.</b> <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Chicken &amp; Gravy over Biscuit</b> <b>Cheeseburger on Bun</b> <b>Featured Veggies:</b> Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	<b>Pasta w/ Meat Sauce &amp; Garlic Brd.</b> <b>Chicken Nuggets w/ Roll</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Meatball Sub w/ Cheese</b> <b>Stuffed Cheese Pizza</b> <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
<b>Italian Dunkers w/Marinara</b> <b>Turkey Ch. &amp; Bacon/Pretzel Roll</b> <b>Featured Veggies:</b> Corn Fresh Vegetables Choice of Fruit Choice of Milk	<b>Salisbury Steak over Noodles</b> <b>Mini Corn Dogs w/Pretzel Stick</b> <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Grilled Cheese Sandwich</b> <b>Cheeseburger on Bun</b> <b>Featured Veggies:</b> Tomato Soup Fresh Vegetables Choice of Fruit Choice of Milk	<b>Cheese Pizza</b> <b>Featured Veggies:</b> Tator Tots Fresh Vegetables Choice of Fruit Choice of Milk	
4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
		<b>Orange Glazed Chix w/Rice</b> <b>Cheeseburger on Bun</b> <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Pastaw/Meatballs &amp; Garlic Brd.</b> <b>Chix Nuggets w/ Dinner Roll</b> <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Chicken Stix w/ Roll</b> <b>Cheese Pizza</b> <b>Featured Veggies:</b> Peas & Carrots Fresh Vegetables Choice of Fruit Choice of Milk

USDA is an equal opportunity provider and employer.

Lunch Prices  
Student \$2.50  
Reduced \$.40  
Adult \$4.75

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