

April/May  
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

USDA is an equal opportunity provider and employer.

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

**Metz General Manager**  
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Monday 4/8/2024	Tuesday 4/9/2024	Wednesday 4/10/2024	Thursday 4/11/2024	Friday 4/12/2024
<b>Italian Pizza Dunkers</b>  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit	<b>Mini Corn Dogs w/ Pretzel</b>  <b>Featured Veggies:</b> Steamed Diced Carrots Fresh Vegetables Choice of Fruit	<b>Macaroni &amp; Cheesew/Brstk.</b>  <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Sweet &amp; Sour Chix over Rice</b>  <b>Featured Veggies:</b> Oven Fries Fresh Vegetables Choice of Fruit Choice of Milk	<b>Pepperoni or Cheese Pizza</b>  <b>Featured Veggies:</b> Peas Fresh Vegetables Choice of Fruit Choice of Milk
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
<b>Stuffed Shells w/ Brdstk.</b>  <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	<b>Chix &amp; Cheese Quesadilla</b>  <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Popcorn Chicken Bowlw/Roll</b>  <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	<b>Chicken Nuggets w/ Roll</b>  <b>Featured Veggies:</b> Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	<b>Cheese Pizza</b>  <b>Featured Veggies:</b> Broccoli Fresh Vegetables Choice of Fruit Choice of Milk
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
<b>Walking Tacos</b>  <b>Featured Veggies:</b> Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Ham Egg &amp; Cheese on Bagel</b>  <b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<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>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Stuffed Crust Cheese Pizza</b>  <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
4/29/2024	4/30/2024	5/1/2024	5/2/2024	5/3/2024
<b>Pierogies</b>  <b>Featured Veggies:</b> Corn Fresh Vegetables Choice of Fruit Choice of Milk	<b>Salisbury Steak over Noodles</b>  <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Grilled Cheese Sandwich</b>  <b>Featured Veggies:</b> Tomato Soup Fresh Vegetables Choice of Fruit Choice of Milk	<b>French Toast Sticks w/ Sausage Links</b> <b>Featured Veggies:</b> Tator Tots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Cheese Pizza</b>  <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk
5/6/2024	5/7/2024	5/8/2024	5/9/2024	5/10/2024
<b>Pepperoni &amp; Cheese Stuffed Bread Stick</b> <b>Featured Veggies:</b> Mixed Steamed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	<b>Nachos w/ Meat &amp; Cheese</b>  <b>Featured Veggies:</b> Refried Beans Fresh Vegetables Choice of Fruit Choice of Fruit	<b>Cheeseburger on Bun</b>  <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<b>Buffalo Chicken Wrap</b>  <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	<b>Stuffed Crust Cheese Pizza</b>  <b>Featured Veggies:</b> Peas & Carrots Fresh Vegetables Choice of Fruit Choice of Milk