

August  
2023



**Metz**  
CULINARY MANAGEMENT

**Danville Middle School  
Lunch Menu**

Monday

Tuesday

Wednesday

Thursday

Friday



**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  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza

**Up For Grabs:**

Select Salads with Dinner Roll  
Assortment of Wraps  
Grab & Go  
Craveables

**Lunch Prices**

Students Reduced- \$0.40  
Students Paid- \$2.75  
Adult \$4.75



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			<p><b>24</b> General Tso Chicken Over Rice or Meatball &amp; Cheese Hoagie On a Roll <b>Featured Veggies:</b> Glazed Baby Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>25</b> Chicken Nachos On a Soft Tortilla or Italian Pizza Dunkers with Sauce <b>Featured Veggies:</b> Sweet Potato Fries Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>28</b> Grilled BBQ Chicken Sandwich On a Roll or Turkey Corn Dog Pretzel Stick <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>29</b> Walking Tacos Tortilla Chips or Grilled Ham and Cheese on a Pretzel Bun <b>Featured Veggies:</b> Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>30</b> Popcorn Chicken Bowl with a Dinner Roll or BBQ Ribby On a Bun <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>31</b> Buffalo Chicken Flatbread or Chicken Nuggets Pretzel Stick <b>Featured Veggies:</b> Glazed Baby Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>1</b> TexasToasted Cheese Sandwich or Lasagna Rollups Garlic Bread Stick <b>Featured Veggies:</b> Steamed Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>