

**MAY  
2022**



**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  
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 - **FREE**

Adult \$4.00

Phone Number-(570)271-3268 ext.3101  
Email- metz@danville.k12.pa.us

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**Monday**

**2**

French Toast Sticks  
with Sausage Links  
or  
Grilled Ham and Cheese  
Sandwich  
**Featured Veggies:**  
Tater Tots  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**9**

Salisbury Steak  
with a Dinner Roll  
or  
Pulled Pork BBQ  
On a Bun  
**Featured Veggies:**  
Buttered Noodles  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**16**

Smothered Pierogies  
with a Dinner Roll  
or  
Turkey Corn Dog  
Pretzel Stick  
**Featured Veggies:**  
Lettuce & Tomato  
Potato Wedges  
Choice of Fruit  
Choice of Milk

**23**

Jacked Up Ironmen Fries  
Toppings  
or  
Hot Ham and Cheese  
On a Pretzel Roll  
**Featured Veggies:**  
Mixed Vegetables  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**30**



**Tuesday**

**3**

Walking Tacos  
Tortilla Chips  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Steamed Corn  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**10**

Steak & Cheese Gyro  
On Flatbread  
or  
Chicken Parmesan  
On a Roll  
**Featured Veggies:**  
French Fries  
Red & Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**17**

Walking Tacos  
Tortilla Chips  
or  
Grilled Ham and Cheese  
Sandwich  
**Featured Veggies:**  
Refried Beans  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

**24**

Nacho Grande  
Tortilla Chips  
or  
Grilled Chicken, Bacon Cheese  
On a Roll  
**Featured Veggies:**  
Refried Beans  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

**31**

Twin Tacos  
Tortilla Chips  
or  
Sloppy Joe (Hamburg BBQ)  
On a Bun  
**Featured Veggies:**  
Mexicala Corn  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**Wednesday**

**4**

Tater Tot Casserole  
with a Dinner Roll  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Sliced Cucumbers  
Baked Beans  
Choice of Fruit  
Choice of Milk

**11**

Spaghetti & Meat Sauce  
Garlic Bread Stick  
or  
Monte Cristo Sandwich  
on French Toast  
**Featured Veggies:**  
Green Beans  
Caesar Salad  
Choice of Fruit  
Choice of Milk

**18**

Popcorn Chicken Bowl  
with a Dinner Roll  
or  
All Beef Hot Dog  
On a Roll  
**Featured Veggies:**  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**25**

Chicken & Waffle w/ Gravy  
Pretzel Stick  
or  
Egg, Ham & Cheese Croissant  
**Featured Veggies:**  
Cucumber Salad  
Tater Tots  
Choice of Fruit  
Choice of Milk

**1**

Italian Sausage & Peppers  
On a Bun  
or  
Pulled Pork Chimichurri  
On Flat Bread  
**Featured Veggies:**  
Green Beans  
Sliced Cucumbers  
Choice of Fruit  
Choice of Milk

**Thursday**

**5**

Chicken & Gravy  
Over a Biscuit  
or  
Pulled Pork Chimichurri  
On Flat Bread  
**Featured Veggies:**  
Curley Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**12**

General Tso Chicken  
Over Rice  
or  
Meatball & Cheese Hoagie  
On a Roll  
**Featured Veggies:**  
Chick Pea Salad  
Fresh Steamed Broccoli  
Choice of Fruit  
Choice of Milk

**19**

Buffalo Chicken  
Macaroni & Cheese  
or  
Chicken Nuggets  
Pretzel Stick  
**Featured Veggies:**  
Glazed Baby Carrots  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**26**

Penne Pasta & Meat Sauce  
Garlic Bread Stick  
or  
Chicken Cordon Blue  
On a Roll  
**Featured Veggies:**  
Roasted Zucchini  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**2**

All Beef Hot Dog  
On a Roll  
or  
Cheeseburger  
On a Roll  
**Featured Veggies:**  
Baby Carrots  
Curley Fries  
Choice of Fruit  
Choice of Milk

**Friday**

**6**

Cheesy Beefy Mac  
Garlic Bread Stick  
or  
Turkey Corn Dog  
Pretzel Stick  
**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk

**13**

Chicken Nachos  
On a Soft Tortilla  
or  
Italian Pizza Dunkers  
with Sauce  
**Featured Veggies:**  
Sweet Potato Fries  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**20**

TexasToasted  
Cheese Sandwich  
or  
Cheeseburger  
On a Roll  
**Featured Veggies:**  
Mango Salsa  
Steamed Broccoli  
Choice of Fruit  
Choice of Milk

**27**

Smothered Pierogies  
with a Dinner Roll  
or  
Chicken Parmesan  
On a Bun  
**Featured Veggies:**  
Caesar Salad  
Sweet Potato Fries  
Choice of Fruit  
Choice of Milk

**3**

**TBD- Cook's Choice**  
**Featured Veggies:**  
Grape Tomatoes  
Mixed Vegetable  
Choice of Fruit  
Choice of Milk