



# Metz CP October-November Lunch Menu High School



Chef Metz is "Cookin' Up ....."



Monday Oct 29, 2018	Tuesday Oct 30, 2018	Wednesday Oct 31, 2018	Thursday Nov 1, 2018	Friday Nov 2, 2018
Grilled Chicken & Cheese On A Tortilla Shell	Crispy Taco With Rice Lettuce Tomato & Cheese	Hot Dog On A Bun	Hot Turkey Sandwich With Gravy	No School
Hot Ham & Cheese On A Croissant	BBQ Shredded Pork On A Bun	Pancake With Syrup Sausage Links	BBQ Ham Sandwich On A Bun	
Featured Veggies: Waxed Beans Baby Carrots	Featured Veggies: Refried Beans Romaine Salad	Featured Veggies: Hash Brown Potato Broccoli	Featured Veggies: Mashed Potatoes Steamed Corn	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	

Monday November 5, 2018	Tuesday Nov 6, 2018	Wednesday Nov 7, 2018	Thursday Nov 8, 2018	Friday Nov 9, 2018
French Toast / Syrup Sausage Patty	Buffalo Chicken Flatbread	Cheese Filled Ravioli With A Garlic Stick	Thanksgiving Dinner Turkey	Salisbury Steak With Gravy
Chicken Caesar Wrap	Ham Egg And Cheese On A Bagel	Cold Cut Hoagie	w/ Stuffing and Gravy	Turkey And Cheese On A Croissant
Featured Veggies: Hash Brown Potato Carrot Sticks	Featured Veggies: Oven Brown Sweet Potatoes Garden Salad	Featured Veggies: Steamed Peas Celery Sticks	Featured Veggies: Mashed Potatoes Green Beans	Featured Veggies: Mashed Potatoes Steamed Corn
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday Nov 12, 2018	Tuesday Nov 13, 2018	Wednesday Nov 14, 2018	Thursday Nov 15, 2018	Friday Nov 16, 2018
Bacon Cheeseburger on a bun	Chicken & Gravy Over Biscuit	Chicken Patty on a Bun	Lasagna Roll Ups Garlic Bread Stick	Hot Dog On A Bun
Chicken Nuggets With A Roll	Fiesta Pizza	Walking Taco Lettuce Tomato & Cheese	BBQ Ribby On A Bun	Stuffed Crust Pizza
Featured Veggies: French Fries Pepper Strips	Featured Veggies: Steamed Corn Mashed Potatoes	Featured Veggies: Refried Beans Rice	Featured Veggies: Steamed Green Beans Romaine Salad	Featured Veggies: Steamed Carrots Grape Tomatoes
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Monday Nov 19, 2018	Tuesday Nov 20, 2018	Wednesday Nov 21, 2018	Thursday Nov 22, 2018	Friday Nov 23, 2018
General Tso With Rice	Pierogies & Kielbasa	Cowboy Burger On A Bun	No School	No School
Sloppy Joe On A Bun	Corn Dog	Nacho Supreme With Trimmings		<b>Happy Thanksgiving</b>
Featured Veggies: Steamed Broccoli Baby Carrots	Featured Veggies: Baked Beans Sauerkraut	Featured Veggies: Mexical Corn Celery Sticks		
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk		

Monday Nov 26, 2018	Tuesday Nov 27, 2018	Wednesday Nov 28, 2018	Thursday Nov 29, 2018	Friday Nov 30, 2018
No School	Chicken Parmesan On A Bun	Bowl Meal Popcorn Chicken & A Roll	Soft Taco With Rice Lettuce Tomato And Cheese	Fajita Chicken & Cheese on a Sub Bun
	Ham & Cheese On A Pretzel Roll	Ham & Turkey Sub On A Bun	Cheese Burger / Bun	Fish Nuggets With A Roll
	Featured Veggies: Romaine Salad Steamed Peas	Featured Veggies: Mashed Potatoes/Gravy Steamed Corn	Featured Veggies: Steamed Glazed Carrots Fresh Broccoli	Featured Veggies: French Fries Baby Carrots
	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

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.

Meal or meal alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

And  
Choice of Milk  
1% white, Fat Free White,  
Chocolate, Vanilla or  
Strawberry

Fruit May Include:  
Canned Peaches, pineapple  
applesauce, pears,  
Fruit Cocktail,  
mandarin oranges  
100% juice (apple, orange)  
Fresh Fruit  
selection including  
apples, bananas and  
oranges

**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  
and lima beans  
Other Vegetables- celery sticks,  
cucumbers, cauliflower, green  
peppers, green beans and  
cabbage

**Debbie Helstern**  
724.253.3255 x 1228

Student Lunch \$2.50  
Student reduced price lunch \$ .40  
Adult lunch \$3.20  
Milk \$ .65

For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.