

January
2019



Metz
CULINARY MANAGEMENT

Nazareth Prep 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 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

USDA is an equal opportunity provider and employer.

Lunch Prices
Student \$0.00
Reduced \$.40
Adult \$3.50

Metz General Manager
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| Monday 1/7/2019 | Tuesday 1/8/2019 | Wednesday 1/9/2019 | Thursday 1/10/2019 | Friday 1/11/2019 |
|--|--|---|--|---|
| Featured Grab n Go Items for the Week Crispy Chicken Salad / Club Wrap | | | | |
| Popcorn Chicken with a Dinner Roll Featured Veggies: Steamed Carrots Choice of Fruit Choice of Milk | Bacon Cheeseburger On a Bun Featured Veggies: Baked Beans Choice of Fruit Choice of Milk | BBQ Pulled Pork Sandwich On a Bun Featured Veggies: Green Beans Choice of Fruit Choice of Milk | Beef & Broccoli over Brown Rice Featured Veggies: Sliced Carrots Choice of Fruit Choice of Milk | Sausage Sandwich Featured Veggies: Steamed Broccoli Choice of Fruit Choice of Milk |
| 1/14/2019 | 1/15/2019 | 1/16/2019 | 1/17/2019 | 1/18/2019 |
| Featured Grab n Go Items for the Week Strawberry Spinach Salad / Asian BBQ Chicken Wrap | | | | |
| Chicken Nuggets with a Dinner Roll Featured Veggies: Tater Tots Choice of Fruit Choice of Milk | Nachos Grande Featured Veggies: Black Beans Brown Rice Choice of Fruit Choice of Milk | Chicken & Broccoli On Flat Bread Featured Veggies: Sliced Carrots Choice of Fruit Choice of Milk | Philly Cheese Steak w/ Onion & Peppers Featured Veggies: Potato Wedges Choice of Fruit Choice of Milk | General Tso's Chicken Over Rice Steamed Broccoli Choice of Fruit Choice of Milk |
| 1/21/2019 | 1/22/2019 | 1/23/2019 | 1/24/2019 | 1/25/2019 |
| Featured Grab n Go Items for the Week Chef Salad / Buffalo Chicken Wrap | | | | |
| No SCHOOL | Beef Taco On a Soft Tortilla Featured Veggies: Black Beans Brown Rice Choice of Fruit Choice of Milk | Macaroni & Cheese Garlic Bread Stick Featured Veggies: Steamed Broccoli Choice of Fruit Choice of Milk | Italian Meatballs & Cheese on a Roll Featured Veggies: Sliced Carrots Choice of Fruit Choice of Milk | Pizza Featured Veggies: Italian Salad Choice of Fruit Choice of Milk |
| 1/28/2019 | 1/29/2019 | 1/30/2019 | 1/31/2019 | 2/1/2019 |
| Featured Grab n Go Items for the Week Chicken Caesar Salad / Roast Beef & Cheddar on Pretzel Roll | | | | |
| Chicken Tenders with a Dinner Roll Featured Veggies: Tater Tots Choice of Fruit Choice of Milk | Corn Dog Featured Veggies: Baked Beans Choice of Fruit Choice of Milk | Popcorn Chicken Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk | Sloppy Joe On a Roll Featured Veggies: French Fries Choice of Fruit Choice of Milk | Cheese Pizza Sticks with Sauce Featured Veggies: Steamed Broccoli Choice of Fruit Choice of Milk |
| 2/4/2019 | 2/5/2019 | 2/6/2019 | 2/7/2019 | 2/8/2019 |
| Featured Grab n Go Items for the Week Taco Salad / Turkey and Cheese Wrap | | | | |
| Ham BBQ On a Bun Featured Veggies: Oven Brown Sweet Potatoes Choice of Fruit Choice of Milk | Chicken & Cheese Enchilada Featured Veggies: Black Beans Brown Rice Choice of Fruit Choice of Milk | Hot Dog on a Bun Featured Veggies: Baked Beans Choice of Fruit Choice of Milk | Chili with Corn Bread Featured Veggies: Steamed Broccoli Choice of Fruit Choice of Milk | Crispy Fish Sandwich Featured Veggies: Steamed Carrots Choice of Fruit Choice of Milk |