

**MAY
2017**



Metz
CULINARY MANAGEMENT

SHENANGO HIGH 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 white, chocolate 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

Daily Fresh Baked Pizza Selections:

Cheese, Pepperoni, Buffalo Chicken, White, Sausage or Specialty Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Strawberry Spinach Salad with Dinner Roll
Chopped Garden Salad with Dinner Roll
Buffalo Chicken Salad with Dinner Roll



Lunch Prices
Student \$2.25
Reduced \$.40
Adult \$3.50

Director of Dining Services
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USDA is an equal opportunity provider and employer.

Monday

1
Cowboy Burger
On a Bun
or
Corn Dog
Featured Veggies:
Baked Beans
Tater Tots
Choice of Fruit
Choice of Milk

8
Chicken Tenders
with a Dinner Roll
or
Fish Sandwich
On a Bun
Featured Veggies:
Au Gratin Potatoes
Green Beans
Choice of Fruit
Choice of Milk

15
Hot Dog Bar

Chicken Bacon Ranch Panini
Sandwich
Featured Veggies:
Baked Beans
Oven Potatoes
Choice of Fruit
Choice of Milk

22
French Toast Sticks & Sausage
or
BBQ Siracha Chicken Toaster
Sandwich
Featured Veggies:
Hash Browns
Cherry Tomatoes
Choice of Fruit
Choice of Milk

29

NO SCHOOL

Tuesday

2
Buffalo Chicken Salad
with a Dinner Roll

Italian Meatball & Cheese
Sandwich
Featured Veggies:
Curly Fries
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

9
Breakfast Bar

Turkey & Ham Ciabatta Club
Sandwich
Featured Veggies:
Home Fries
Lettuce & Tomato
Choice of Fruit
Choice of Milk

16
Spicy Chicken
Sandwich

Hot Ham & Cheese
On a Pretzel Roll
Featured Veggies:
Potato Wedges
Steamed Broccoli
Choice of Fruit
Choice of Milk

23
General Tso Chicken
Over Rice

Turkey Club Panini
Featured Veggies:
Steamed Broccoli
Celery Sticks
Choice of Fruit
Choice of Milk

30
Mini Corn Dogs

Spicy Chicken
Sandwich
Featured Veggies:
Oven Fries
Veggies & Dip
Choice of Fruit
Choice of Milk

Wednesday

3
Popcorn Chicken
with a Dinner Roll

BBQ Pork Sandwich
On a Roll
Featured Veggies:
Mashed Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

10
Penne Pasta & Meatballs
Garlic Bread Stick

BBQ Chicken & Cheese
On Flat Bread
Featured Veggies:
Caesar Salad
Baby Carrots
Choice of Fruit
Choice of Milk

17
Nachos Grande
Tortilla Chips

Chicken & Cheese Taco
On a Soft Tortilla
Featured Veggies:
Mexican Salad
Lettuce & Salsa
Choice of Fruit
Choice of Milk

24
Penne Pasta & Meatballs
Garlic Bread Stick

BBQ Pork
Sandwich
Featured Veggies:
Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

31
Nachos Grande
Tortilla Chips

American Deli Sub
Sandwich
Featured Veggies:
Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

4
Macaroni & Cheese
Garlic Bread Stick

Italian Turkey & Cheese Panini
Featured Veggies:
Green Beans
Coleslaw
Choice of Fruit
Choice of Milk

11
Chicken Parmesan
Sandwich

Beef & Cheese Burrito
On a Soft Tortilla
Featured Veggies:
Tater Tots
Celery Sticks
Choice of Fruit
Choice of Milk

18
Mashed Potato Bowl

BBQ Rib
Sandwich
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

25
Chicken Nuggets
with a Dinner Roll

Sloppy Joe
Sandwich
Featured Veggies:
Mashed Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

1
Chicken Tenders
with a Dinner Roll

Toasted Cheese
Sandwich
Featured Veggies:
Mashed Potatoes
Steamed Peas
Choice of Fruit
Choice of Milk

Friday

5

Mexican Bar

Spicy Chicken
Sandwich
Featured Veggies:
Spanish Rice
Mexican Salad
Choice of Fruit
Choice of Milk

12
Chicken & Rice
with Pepper & Garlic Sauce

Deluxe Cheeseburger
Featured Veggies:
Steamed Broccoli
Hummus & Chips
Choice of Fruit
Choice of Milk

19

NO SCHOOL

26
Pepperoni & Cheese
On Flat Bread

Greek Chicken Salad
with a Dinner Roll
Featured Veggies:
Oven Fries
Hummus & Chips
Choice of Fruit
Choice of Milk

2
Buffalo Chicken Salad
Garlic Bread Stick

Cheeseburger Bar
Featured Veggies:
Curly Fries
Baby Carrots
Choice of Fruit
Choice of Milk