

OCTOBER  
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

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**Monday**

2

Breakfast Burrito Bar

Spicy Chicken Sandwich

**Featured Veggies:**  
Home Fries  
Lettuce & Tomatoes  
Choice of Fruit  
Choice of Milk

9



NATIONAL SCHOOL LUNCH WEEK

No School

16

General Tso Chicken Over Rice

Ham, Egg & Cheese Bagel

**Featured Veggies:**  
Steamed Broccoli  
Tomato Salad  
Choice of Fruit  
Choice of Milk

23

Texas Toasted Cheese Sandwich

Spicy Chicken Sandwich

**Featured Veggies:**  
Tomato Soup  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

30

Chicken Caesar Salad with a Dinner Roll

Meatball Sub

**Featured Veggies:**  
Oven Fries  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

**Tuesday**

3

Fish Nuggets with a Dinner Roll

Cowboy Burger

**Featured Veggies:**  
Mini Pierogies  
Coleslaw  
Choice of Fruit  
Choice of Milk

10

Plain or Blueberry Pancakes with Sausage

Chicken Patty Sandwich

**Featured Veggies:**  
Triangle Potatoes  
Celery Sticks  
Choice of Fruit  
Choice of Milk

17

Macaroni & Cheese with a Dinner Roll

Spicy Chicken Sandwich

**Featured Veggies:**  
Green Beans  
Cole Slaw  
Choice of Fruit  
Choice of Milk

24

Chicken Nuggets with a Dinner Roll

BBQ Rib Sandwich

**Featured Veggies:**  
Au Gratin Potatoes  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

31

French Toast Sticks with Sausage

Hot Ham & Cheese on a Pretzel Roll

**Featured Veggies:**  
Hash Browns  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Wednesday**

4

Nachos Grande Tortilla Chips

Chicken & Cheese Gyro In a Pita

**Featured Veggies:**  
Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

11

Penne Pasta & Meatballs  
Garlic Bread Stick

Variety Pizza

**Featured Veggies:**  
Caesar Salad  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

18

Fajita Chicken or Beef Nacho's  
Tortilla Chips

Pittsburgh Cheesesteak Sandwich

**Featured Veggies:**  
Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

25

Penne Pasta & Meatballs  
Garlic Breadstick

Variety Pizza

**Featured Veggies:**  
Italian Salad  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**Thursday**

5

Pepperoni Roll with Sauce

Mini Corn Dogs

**Featured Veggies:**  
Oven Fries  
Baked Beans  
Choice of Fruit  
Choice of Milk

12

**FALL COOK OUT**

Grilled Burgers  
Foot Long Hot Dogs

**Featured Veggie:**  
Loaded Tots  
Baked Beans  
Choice of Fruit  
Choice of Milk

19

Chicken Tenders with a Dinner Roll

Sloppy Joe Sandwich

**Featured Veggies:**  
Mashed Potatoes  
Steamed Peas  
Choice of Fruit  
Choice of Milk

26

Beef & Cheese Burrito

Cheeseburger Bar

**Featured Veggies:**  
Mexican Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

**Friday**

6



No School

13

Buffalo or Plain Popcorn Chicken with a Dinner Roll  
Hot Sausage w/Peppers & Onions On a Roll

**Featured Veggies:**  
Oven Fries  
Veggies & Dip  
Choice of Fruit  
Choice of Milk

20

Buffalo Chicken Salad  
Garlic Bread Stick

Bacon Cheeseburger

**Featured Veggies:**  
Curly Fries  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

27

Hot Dog w/Cheese & Chili On a Bun

Chicken Cordon Bleu Sandwich

**Featured Veggies:**  
Baked Beans  
Tater Tots  
Choice of Fruit  
Choice of Milk

