

**APRIL  
2018**



**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**  
**Christine Bruno**  
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p>  <p>NO SCHOOL</p>	<p><b>3</b></p> <p>Spicy Chicken Sandwich</p> <p>Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Taco Salad w/Chicken or Beef Tortilla Chips</p> <p>Chicken Parmesan Sandwich</p> <p><b>Featured Veggies:</b> Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Hot Sausage Sandwich with Peppers &amp; Onions</p> <p><b>Featured Veggies:</b> Mashed Potatoes Green Beans Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Macaroni &amp; Cheese with a Dinner Roll</p> <p>Chicken &amp; Cheese Gyro on Flat Bread</p> <p><b>Featured Veggies:</b> Steamed Vegetables Hummus &amp; Chips Choice of Fruit Choice of Milk</p>
<p><b>SPRING COOK OUT!</b></p> <p>Southwest Pepper Jack Cheeseburger</p>  <p>Hot Dog Bar</p> <p><b>Featured Veggies:</b> Pasta Salad Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Plain or Garlic Parmesan Chicken Tenders w/Roll</p> <p>Hot Italian Grinder</p> <p><b>Featured Veggies:</b> Curly Fries Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Penne Pasta &amp; Meatballs Garlic Bread Stick</p> <p>Variety Pizza</p> <p><b>Featured Veggies:</b> Caesar Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Crunchy Tacos with Tortilla Chips &amp; Salsa</p> <p>BBQ Sriracha Chicken Toaster Sandwich</p> <p><b>Featured Veggies:</b> Steamed Corn Lettuce &amp; Salsa Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Popcorn Shrimp Basket with a Dinner Roll</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Oven Fries Coleslaw Choice of Fruit Choice of Milk</p>
<p><b>16</b></p> <p>Waffles with Sausage Links</p> <p>Meatball Sub</p> <p><b>Featured Veggies:</b> Home Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Cheese Sticks Bowl of Chili</p> <p><b>Featured Veggies:</b> Tater Tots Garden Salad Choice of Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Nachos Grande Tortilla Chips</p> <p>BBQ Rib Sandwich</p> <p><b>Featured Veggies:</b> Steamed Corn Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Turkey &amp; Stuffing with Gravy</p> <p>Spicy Chicken Sandwich</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Vegetables Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p>Chicken w/ Garlic&amp;Pepper Sauce Over Rice</p> <p>Bacon Cheeseburger</p> <p><b>Featured Veggies:</b> Steamed Broccoli Hummus &amp; Chips Choice of Fruit Choice of Milk</p>
<p><b>23</b></p> <p>Buffalo or Plain Popcorn Chicken with a Dinner Roll</p> <p>Sloppy Joe Sandwich</p> <p><b>Featured Veggies:</b> Au Gratin Potatoes Steamed Vegetables Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Beef &amp; Cheese Enchilada On a Soft Tortilla</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Oven Potatoes Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Penne Pasta &amp; Meatballs Garlic Bread Stick</p> <p>Variety Pizza</p> <p><b>Featured Veggies:</b> Italian Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Fajita Chicken Salad with a Dinner Roll</p> <p>Sausage, Egg &amp; Cheese On a Croissant</p> <p><b>Featured Veggies:</b> Curly Fries Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Pepperoni Roll</p> <p>Corn Dog</p> <p><b>Featured Veggies:</b> Tater Tots Baked Beans Choice of Fruit Choice of Milk</p>
<p><b>30</b></p> <p>General Tso Chicken over Brown Rice</p> <p>Hot Ham &amp; Cheese on a Pretzel Roll</p> <p><b>Featured Veggies:</b> Steamed Broccoli Hummus &amp; Chips Choice of Fruit Choice of Milk</p>	<p><b>1</b></p> <p>Texas Toasted Cheese Sandwich</p> <p>Grilled Bacon &amp; Pepper Jack Chicken Sandwich</p> <p><b>Featured Veggies:</b> Oven Fries Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Nachos Grande Tortilla Chips</p> <p>Chicken Caesar Wrap</p> <p><b>Featured Veggies:</b> Mexican Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Mashed Potato Bowl with a Dinner Roll</p> <p>Fish Sandwich</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Cowboy Burger (Onion Rings, BBQ Sauce &amp; Cheese)</p> <p>Chili &amp; Cheese Dog</p> <p><b>Featured Veggies:</b> Home Fries Baby Carrots Choice of Fruit Choice of Milk</p>