

**MAY
2019**



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

www.payschoolscentral.com for online cafeteria payments

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

Menu subject to change

Monday



6
 Taco Salad with Tortilla Chips
 Grilled Chicken, Bacon, Ranch Sandwich
Featured Veggies:
 Steamed Corn
 Baked Beans
 Choice of Fruit
 Choice of Milk

13
 General Tso Chicken Over Rice
 Buffalo Chicken & Cheese Wrap
Featured Veggies:
 Steamed Broccoli
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

20
 Chicken Tenders with a Dinner Roll
 Texas Toasted Cheese Sandwich
Featured Veggies:
 Au Gratin Potatoes
 Steamed Corn
 Choice of Fruit
 Choice of Milk

27

 No School

Tuesday



7
 Chicken Nuggets with a Dinner Roll
 Sausage, Egg & Cheese On a Croissant
Featured Veggies:
 Triangle Potatoes
 Baby Carrots
 Choice of Fruit
 Choice of Milk

14
 Meatball & Cheese Sandwich
 Spicy Chicken Sandwich
Featured Veggies:
 Curly Fries
 Baby Carrots
 Choice of Fruit
 Choice of Milk

21
 Bacon Cheeseburger On a Bun
 Chicken Gyro On Flat Bread
Featured Veggies:
 Oven Potatoes
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

28
 Cook's Choice

 No School

Wednesday

1
 Nachos Grande
 Tortilla Chips
 Fajita Chicken
 Quesadilla
Featured Veggies:
 Steamed Corn
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

8
 Penne Pasta & Meatballs
 Garlic Bread Stick
 Variety Pizza
Featured Veggies:
 Caesar Salad
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

15
 Nachos Grande w/Chicken or Beef
 Tortilla Chips
 Hot Ham & Cheese Sandwich
Featured Veggies:
 Steamed Corn
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

22
 Penne Pasta & Meatballs
 Garlic Bread Stick
 Variety Pizza
Featured Veggies:
 Italian Salad
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

29
 Cook's Choice

 No School

Thursday

2
 Chicken Tenders with a Dinner Roll
 Hot Italian Grinder Sandwich
Featured Veggies:
 Oven Potatoes
 Lettuce & Tomato
 Choice of Fruit
 Choice of Milk

9
 Baked Chicken with a Dinner Roll
 Cheeseburger Bar
Featured Veggies:
 Mashed Potatoes
 Steamed Broccoli
 Choice of Fruit
 Choice of Milk

16
 Pepperoni Roll
 Corn Dog
Featured Veggies:
 Italian Salad
 Tater Tots
 Choice of Fruit
 Choice of Milk

23
 Buffalo Chicken Salad with a Dinner Roll
 Beef & Cheese Burrito
Featured Veggies:
 Curly Fries
 Lettuce & Salsa
 Choice of Fruit
 Choice of Milk

30
 Cook's Choice

 No School

Friday

3
 Macaroni & Cheese with a Dinner Roll
 Hot Sausage, Peppers & Onions On a Roll
Featured Veggies:
 Green Beans
 Hummus & Chips
 Choice of Fruit
 Choice of Milk

10
 Pierogie Meal with a Dinner Roll
 Sloppy Joe Sandwich
Featured Veggies:
 Steamed Vegetables
 Veggies & Dip
 Choice of Fruit
 Choice of Milk

17

 No School

24
 Chicken Parmesan Sandwich
 Chili Cheese Dog On a Bun
Featured Veggies:
 Potato Wedges
 Cheesy Broccoli
 Choice of Fruit
 Choice of Milk

31
 Variety Pizza

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