



Metz
CULINARY MANAGEMENT

School Lunch Menu

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
8/29/22	8/30/22	8/31/22	9/1/22	9/2/22
Spaghetti with Meat Sauce	Sweet Sour Chicken	Pizza (Cheese & Meat)	Roast Turkey with Gravy	Sloppy Joe Sandwich
Turkey Ham and Cheese Sub	Tuna Salad Croissant Sandwich	Grilled Cheese Sandwich	Vegetable Lo Mein	Black Bean Enchilada
Green Beans	Vegetable Fried Rice	Steamed Broccoli	Mashed Potatoes	Roasted Potatoes
Glazed Carrots	Peas / Squash	Carrot Fries	Green Beans	Steamed Green Beans
Gallic Bread	Egg Roll	Sliced Apples	Zucchini	Potato Salad
9/5/22	9/6/22	9/7/22	9/8/22	9/9/22
	Beef Macaroni Bake	Pizza (Cheese & Veggie)	BBQ Meatballs	TAILGATE PARTY
	Pull Chicken Sandwich	Lemon Chicken Wraps	Baked Tilapia	Boneless Chicken Bites
	Coleslaw	Fried Zucchini Chips	Mashed Potatoes	Italian Turkey Cold Cut
	Glazed Carrots	Sauteed Spinach	Green Beans	Seasoned Fries
	Zucchini	Fresh Watermelon	Kale Salad	Broccoli
9/12/22	9/13/22	9/14/22	9/15/22	9/16/22
Baked Cheesy Ziti	TACO TUESDAY	Pizza (Cheese & Veggie)	Salisbury Steak with Mushroom Gravy	Orange Chicken
Turkey Ham and Cheese Melt	Chicken Taquito	Turkey Club Sandwich	Oriental Vegetable Stir Fry	Garlic Shrimp
Green Beans	Black Bean Tostada	Broccoli	Mashed Potatoes	Fried Rice
Glazed Carrots	Mexican Rice	Roasted Squash	Green Beans	Broccoli
Gallic Bread	Corn/ Plantains	Fresh Cantaloupe	Fresh Pineapple	Egg Roll
9/19/22	9/20/22	9/21/22	9/22/22	9/23/22
Chicken Alfredo	Beef Taco		Pizza (Cheese & BBQ Chicken)	BBQ Pork Riblet
Hamburger Sliders	Chili Lime Tilapia		Turkey Chili	Grilled Mozzarella & Pesto Sandwich
Green Beans	Cilantro Lime Rice		Cornbread Muffins	Baked Beans
French Fries	Mixed Vegetable		Broccoli	Steamed Green Beans
Garlic Bread	Black Beans		Roasted Squash	Fresh Strawberries
9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
Spaghetti and Meatballs	Rotisserie Herbed Chicken	Pizza (Cheese & Meat Lovers)	Chicken Empanada	Roast Beef with Gravy
Turkey Salad Wrap	Baked Lemon & Thyme Cod	Chicken Nuggets	Beef Empanada	Cheese Ravioli with Marinara
Buttered Broccoli	Potatoes Au Gratin	Fried Potato Wedges	Fried Cabbage	Steamed Green Beans
Gallic Bread	Grilled Asparagus	Roasted Broccoli	Rice & Peas (Beans)	Rice Pilaf
Fresh Sliced Apples	Fresh Mixed Fruit	Fresh Peaches	Corn Salsa	Glazed Carrots

1% Milk & 2% Milk **Fresh Fruit** **All Meals Include Low Fat Yogurt** **Garden Salad** **Apple Sauce**
Turkey Sandwich or Sunbutter & Jelly Sandwich can be a daily substitution