



Metz

CULINARY MANAGEMENT

Lunch Menu — November 2022

HOURS: 11:00 AM – 1:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
	11/1/22	11/2/22	11/3/22	11/4/22
	Sweet & Sour Chicken	Pizza (Cheese & Pepperoni)	Italian Sausage & Peppers	Sloppy Joe
	Seafood Mac And Cheese	White Bean Chicken Chili	Tilapia	Baked Ziti
	Jasmine Rice	Zucchini Fries	Broccoli	Roasted Potatoes
	Peas / Asian Vegetables	Broccoli/ Roasted Cauliflower	Mashed Potatoes	Baked Beans
	Vegetable Egg Roll	Corn Bread	Zucchini	Roasted Squash
11/7/22	11/8/22	11/9/22	11/10/22	11/11/22
Beef Lo Mein	Garlic Parm Chicken	Pizza (Cheese & Sausage)	BBQ Meatballs	NO SCHOOL
Turkey Reuben	Roast Beef	Chicken Nuggets	Turkey Ham and Cheese	VETERANS DAY
Green Beans	Rice Pilaf	Roasted Potatoes	Mashed Potatoes	
Glazed Carrots	Peas / Butternut Squash	Broccoli / Zucchini	Green Beans	
Coleslaw / Egg Roll	Roll / Garden Salad	Macaroni Salad	Glazed Carrots	
11/14/22	11/15/22	11/16/22	11/17/22	
Cheese Ravioli	Jambalaya	Pizza (Cheese & Supreme)	THANKSGIVING CELEBRATION	Pork Riblet
Pulled Chicken Sandwich	Tilapia	Chili w Cornbread	Roast Turkey / Glazed Ham	Grilled Cheese Sandwich
Glazed Carrots	Glazed Carrots / Kale	French Fries	Stuffing / Cranberry Sauce	Baked Beans
Green Beans	Pinto Beans	Broccoli	Sweet Potatoes/ Green Beans	Mixed Vegetable / Broccoli
Garlic Bread	Steamed Rice	Fresh Peaches	Pumpkin Pie	Macaroni & Cheese
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
Spaghetti with Meatballs	Turkey Cheddar Melt	NO SCHOOL		NO SCHOOL
Tuna Sandwich	Chicken Fried Rice			
Green Beans	Baked Chips			
Glazed Carrots	Broccoli or Asian Vegetable			
Garlic Bread / Caesar Salad	Egg Roll			
11/28/22	11/29/22	11/30/22		
Beef Ravioli	Herbed Chicken	Pizza (Cheese & Meat Lovers)		
Turkey Salad Wrap	Baked Lemon & Thyme Tilapia	Turkey Chili w Crackers		
Buttered Broccoli	Mac and Cheese	Fried Potato Wedges		
Gallic Bread	Cabbage Medley / Zucchini	Roasted Broccoli		
Fresh Sliced Apples	Caesar Salad	Strawberry Applesauce		
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				