



Metz

CULINARY MANAGEMENT

Monday	Tuesday	Wednesday	Thursday	Friday
1/2/23	1/3/23	1/4/23	1/5/23	1/6/23
	Sweet & Sour Chicken	Pizza (Cheese & Pepperoni)	Meatballs	Chicken Fajita Sandwich
	Turkey Hoagie	Turkey Chili w/ Cornbread	Italian Sausage and Peppers	Black Bean Enchilada
	Vegetable Fried Rice	Caesar Salad	Mashed Potatoes	French Fries
	Peas /Plantains	Broccoli	Green Beans	Broccoli / Mixed Vegetables
	Vegetable Egg Roll	Roasted Squash	Zucchini	Garden Salad
1/9/23	1/10/23	1/11/23	1/12/23	1/13/23
Beef Mac and Cheese	Chicken Taquito	Pizza (Cheese & Sausage)	Salisbury Steak	Pulled Chicken
Tuna Salad Sandwich	Beef and Broccoli	Turkey Noodle Bake	Glazed Ham	Vegetable Alfredo
Green Beans	Rice Pilaf	Garden Salad	Mashed Potatoes	Seasoned Fries
Glazed Carrots	Mixed Vegetables	Roasted Squash	Butternut Squash	Broccoli
Garlic Bread	Black Beans	Broccoli	Mixed Green	Garden Salad
1/16/23	1/17/23	1/18/23	1/19/23	1/20/23
SCHOOL CLOSED	Spaghetti	Pizza (Cheese & Veggie)	BBQ Chicken	Sloppy Joe
	Grilled Cheese	Chicken Pot Pie	Tilapia	Vegetable Stir Fry
	Roasted Squash	Garden Salad	Mac & Cheese	French Fries
	Spinach	Broccoli	Cabbage Medley	Mixed Vegetable
	Garlic Bread	Fresh Peaches	Green Beans	Zucchini
1/23/23	1/24/23	1/25/23	1/26/23	1/27/23
Four Cheese Ziti	Beef Taco	Pizza (Cheese & Veggie)	Meatloaf	Rotisserie Chicken
Turkey Melt	Black Bean Enchilada	Vegetable Lo Mein	Turkey Cutlets	Grilled Cheese
Asparagus	Cilantro Lime Rice	Garden Salad	Mashed Potatoes	Rice Pilaf
Glazed Carrots	Mixed Vegetable	Broccoli / Zucchini	Green Beans	Mixed Greens
Garlic Bread	Black Beans	Fresh Peaches	Squash	Caesar Salad
1/30/23	1/31/23			
Chicken Alfredo	Hamburger Slider			
Fish Sandwich	BBQ Chicken Tenders			
Broccoli	Roasted Potatoes			
Glazed Carrots	Green Beans			
Garlic Bread	Squash			
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				