



Metz

CULINARY MANAGEMENT

Monday	Tuesday	Wednesday	Thursday	Friday
5/1/23	5/2/23	5/3/23	5/4/23	5/5/23
Chicken Alfredo	BBQ Meatballs	Pizza	Four Cheese Baked Ziti	CINCO DE MAYO
Turkey and Swiss Sandwich	Chicken Pasta Salad w/ Cracker	Turkey Cold Cut	Ham and Cheese Croissant	Chicken Quesadilla
Green Beans	Spinach	Zucchini	Garlic Bread	Grilled Cheese
Squash	Glazed Carrots	Broccoli	Peas & Carrots	Chips and Salsa
Garlic Bread	Mashed Potatoes	Cole Slaw	Roasted Squash	Corn Medley / Plantains
5/8/23	5/9/23	5/10/23	5/11/23	5/12/23
Beef Mac and Cheese	Chicken Fried Rice	Pizza	Sweet and Sour Chicken	Sloppy Joe
Tuna Salad Sandwich	Turkey Ham and Cheese Sandwich	Turkey Chili w Cornbread	Grilled Cheese	Turkey Pasta Salad w/ Cracker
Green Beans	Glazed Carrots	Caesar Salad	Rice Pilaf	Broccoli
Vegetable Medley	Mixed Vegetables	Broccoli	Green Bean	Glazed Carrots
Garlic Bread	Egg Rolls	Peas	Corn	Roasted Potatoes
5/15/23	5/16/23	5/17/23	5/18/23	5/19/23
Spaghetti	TACO TUESDAY		Salisbury Steak	Chicken Cheesesteak
Turkey Ham and Cheese Sub	Chicken Quesadilla		Grilled Cheese	Seafood Salad w Crackers
Broccoli	Black Bean Chili		Mashed Potatoes	Roasted Potatoes
Roasted Squash	Rice Pilaf		Green Beans	Glazed Carrots / Squash
Garlic Bread	Corn / Green Beans		Squash	Cole Slaw
5/22/23	5/23/23	5/24/23	5/25/23	5/26/23
Cheese Ravioli	TACO TUESDAY	Pizza (Cheese & Veggie)	Orange Chicken	Pork Riblet
Tuna Salad Sandwich	Chicken Quesadilla	Turkey Hoagie	Roast Beef Sandwich	Grilled Cheese
Broccoli	Black Bean Chili nachos	Caesar Salad	Rice Pilaf	Baked Beans
Roasted Squash	Rice Pilaf	Broccoli	Green Beans	Glazed Carrots / Squash
Garlic Bread	Corn / Green Beans	Vegetable Blend	Squash	Cole Slaw
5/29/23	5/30/23	5/31/23		
	Chicken Parm Baked Ziti	Pizza		
	Turkey Croissant	Italian Cold Cut		
	Green Beans	Beet Salad		
	Peas and Carrots	Broccoli		
	Garlic Bread			
		All Meals Include		
1% Milk / 2% Milk	Fresh Fruit	Low Fat Yogurt	Garden Salad	Apple Sauce
Turkey Sandwich or Sunbutter & Jelly Sandwich can be a daily substitution				