



Metz

CULINARY MANAGEMENT

SCHOOL LUNCH



St. Coletta of Greater Washington

Monday	Tuesday	Wednesday	Thursday	Friday
10/30/23	10/31/23	11/1/23	11/2/23	11/3/23
		Pizza (Cheese or Pepperoni)	Meatball Sub	Rotisserie Chicken
		Cheddar Roast Beef Sandwich	Chicken Pot Pie	Grilled Cheese
		Broccoli	Peas and Carrots	Cheddar Mashed Potatoes
		Squash	Green Beans	Peas & Carrots / Collard Greens
		Strawberry Parfait	Tater Tots	Garlic Bread
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
Spaghetti	TACO TUESDAY	Pizza (Cheese or Pepperoni)	Beef Lasagna Bake	SCHOOL CLOSED
Ham and Cheese Croissant	Chicken Taquito	Italian Turkey Hoagie	Tuna Salad Sandwich	
Green Beans	Beef Chili, Chips and Cheese	Broccoli	Zucchini	
Glazed Carrots	Mexican Rice	Squash	Glazed Carrots	
Garlic Bread	Mixed Vegetables & Corn Salsa	Fruit Parfait	Caesar Salad	
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
Turkey Sausage Baked Ziti	Sweet and Sour Chicken	Pizza (Cheese or Pepperoni)	THANKSGIVING CELEBRATION	Steak and Cheese
Chicken Fajita Subs	Chinese Pepper Steak	Pulled Chicken Sandwich	Roast Turkey / Glazed Ham	Chicken Lo Mein
Green Beans	Vegetable Fried Rice	Broccoli	Mac and Cheese	Seasoned Fries
Glazed Carrots	Mixed Vegetable / Cabbage	Butternut Squash	Green Beans & Sweet Potatoes	Squash / Vegetable Medley
Garlic Bread	Vegetable Egg Roll	Cole Slaw	Apple Pie	Banana Pudding
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
BBQ Chicken	Cheeseburgers			
Grilled Cheese	Vegetable Tortellini			
Mashed Potatoes	Seasoned Fries			
Peas & Carrots / Zucchini	Peas & Carrots / Zucchini			
Dinner Roll	Fruit Parfait			
11/27/23	11/28/23	11/29/23	11/30/23	
Meatballs	Orange Chicken	Pizza (Cheese or Pepperoni)	Sloppy Joes	
Tilapia	Vegetable Tortellini	Pulled Chicken Sandwich	Black Bean Enchiladas	
Mashed Potatoes	Rice Pilaf	Broccoli	Tater Tots	
Green Beans / Glazed Carrots	Squash/ Asian Vegetables	Winter Squash	Green Beans	
Cheesy Garlic Bread	Vegetable Spring Roll	Carrot Salad	Strawberry Parfait	
All Meals Include	1% Milk & 2% Milk	Low Fat Yogurt	= VEGETARIAN	= VEGAN
Fresh Fruit	Apple Sauce	Garden Salad		
Whole Grain Pasta/ Bread/ Wraps	Turkey Sandwich or Sun butter & Jelly Sandwich can be a daily substitution.			