



Metz

CULINARY MANAGEMENT

LUNCH

WEEK 5-8



St. Coletta of Greater Washington
St. Coletta Special Education Public Charter School

Monday	Tuesday	Wednesday	Thursday	Friday
4/28/25	4/29/25	4/30/25	5/1/25	5/2/25
Beef Ravioli Marinara	Sloppy Joes	Sausage & Pepperoni Pizza	Three Cheese Baked Ziti	Meatballs
Chicken Cheesesteak Flatbread	Black Bean & Sweet Potato Burrito	Cheese Pizza	Roast Beef & Provolone	Southwest BBQ Chicken Quesadilla
Parmesan Breadstick	Vegan Glazed Carrots	Try It Wednesday	Grilled Asparagus	Mashed Potatoes
Sautéed Green Beans	Seasoned Waffle Fries	Chicken and Waffle Slider	Sautéed Squash	Green Beans
Baked Butternut Squash	Sautéed Spinach	Steamed Broccoli	Texas Toast	Charleston Hoppin' John
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25
CINCO DE MAYO	Honey Roasted Chicken Thighs	Sausage & Pepperoni Pizza	Roast Turkey & Gravy	Sloppy Joes
Soft & Hard Beef Tacos	White Cheddar Mac and Cheese	Cheese Pizza	Ham and Cheese Croissant	Fish Nuggets
Black Beans Nachos	Oven Roasted Brussel Sprouts / Carrots	International Wednesday	Cornbread Stuffing	Roasted Potatoes
Mexican Inspired Rice	Try It Tuesday	Beef and Lamb Gyro	Roasted Cauliflower	Roasted Zucchini
Elote Corn /Pico De Gallo	Ultimate Veggie Wrap	Steamed Broccoli / Greek Salad	Steamed Peas	Glazed Carrots
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Grilled Chicken Alfredo Bake	Salisbury Steak	Sausage & Pepperoni Pizza	Meatball Sub	Rotisserie Chicken Thighs
Grilled Ham and Cheese Sandwich	Italian Sausage and Peppers	Cheese Pizza	Chicken Pot Pie	Savory Roast Beef
Steamed Peas	Green Beans	Try It Wednesday	Tater Tots	Mac and Cheese
Roasted Vegetable Medley	Baby Carrots	Roast Turkey & Cheddar Flatbread	Oven Roasted Brussel Sprouts	Sweet Potatoes
Garlic Knot	Yukon Gold Potatoes	Steamed Broccoli	Green Beans	Cabbage Medley
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
Beef Spaghetti	TACO TUESDAY	Sausage & Pepperoni Pizza	Steak and Cheese Sub	Sweet and Sour Chicken
Texas Toast Grilled Cheese	Chicken Taquitos	Cheese Pizza	Vegetable Primavera	Italian Sausage & Peppers
Steamed Broccoli	Turkey Nachos with Cheese Sauce	International Wednesday	Seasoned Fries	Vegetable Fried Rice
Cheesy Garlic Bread	Yellow Rice	Nigerian Stew Chicken	Glazed Carrots	Sauteed Green Beans / Butternut Squash
Vegetable Blend	Mexican Style Street Corn / Black Beans	West African Fufu	Green Beans	Egg Rolls
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
Beef Lasagna Bake	Chicken Fried Rice	Sausage & Pepperoni Pizza	Burger Bar	Bourbon St Chicken
Chicken Bird Dog	Grilled Turkey Melt	Cheese Pizza	Cheese Burger	Italian Turkey Cold Cut
Peas & Carrots	Vegetable Spring Roll	Street Eats Wednesday	Black Bean Burger	Cajun Rice
Cheesy Broccoli	Asian Green Beans	Thai Turkey Bowl	Seasoned Potatoes	Collard Greens
Parmesan Breadsticks	Spiced Chickpeas (TRY IT)	Thai Cucmuber Salad	Green Beans	Vegetable Blend
All Meals Include:		Nutrition and Ingredient Info:		
Fresh Fruit, Apple Sauce, Garden Salad, 1% Milk & 2% Milk, Low Fat Yogurt		https://www.nutritics.com/menu/ma2046		
Grain products are at least 50% whole grain				
Turkey Sandwich or Sun butter & Jelly Sandwich can be a daily substitution				