




Metz

CULINARY MANAGEMENT

LUNCH

July 2025


St. Coletta of Greater Washington

Monday	Tuesday	Wednesday	Thursday	Friday
	7/1/25	7/2/25	7/3/25	7/4/25
	Orange Chicken	Pizza (Cheese or Meat)	BBQ Meatballs	
	Cajun Pepper and Sausage	Grilled Turkey Ham and Cheese	Chicken Enchilada	
	Vegetable Fried Rice	Try It Wednesday	Yukon Gold Potatoes	
	Green Beans	Chicken and Waffle Slider	Butternut Squash	
	Spring Roll	Broccoli	Zucchini	
7/7/25	7/8/25	7/9/25	7/10/25	7/11/25
Bourbon Chicken	Steak and Cheese	Pizza (Cheese or Meat)	Beef Lasagna Bake	Rotisserie Chicken Thighs
Pepper Steak	Fish Nuggets	Broccoli	Corn Beef Sandwich	Turkey Ham and Cheese Melts
Vegetable Fried Rice	Seasoned Fries	Summer Sandwich	Garlic Roll	Mac and Cheese
Green Beans	Green Beans	Pulled Chicken Sandwich	Green Beans	Sweet Potatoes
Glazed Carrots	Glazed Carrots	Cole Slaw	Zucchini	Cabbage Medley
7/14/25	7/15/25	7/16/25	7/17/25	7/18/25
3 Cheese Baked Ziti	Beef Soft Taco	Pizza (Cheese or Meat)	Sloppy Joes	BBQ Chicken
Turkey BLT Flatbread Sandwich	Chili Lime Chicken Bowl	Broccoli	Spinach Ravioli	Tuna Sandwich
Steamed Broccoli	Cilantro Lime Rice	Try It Wednesday	Seasoned Fries	Baked Beans
Yellow Squash	Pinto Bean	Roast Beef	Zucchini	Green Beans
Garlic Cheese Bread	Vegetable Blend	Grilled Cheese	Roasted Squash	Carrot Salad
7/21/25	7/22/25	7/23/25	7/24/25	7/25/25
Spaghetti	Chicken Taquitos	Pizza (Cheese or Meat)	LAST DAY OF SCHOOL	
Italian Turkey Hoagie Coldcut	Carne Asada	Broccoli	Chicken Tenders	
Squash and Apple Bake	Spanish Rice	Summer Sandwich	Honey Roasted Turkey Melt	
Broccoli	Corn/ Plantains	Grilled Chicken Caesar Sandwich	Baked Chips / Green Beans	
Parmesan Breadsticks	Cheese Nacho	Garden Salad	Strawberry Parfait	
7/28/25	7/29/25	7/30/25	7/31/25	

All Meals Include: Fresh Fruit, Apple Sauce, Garden Salad, 1% Milk & 2% Milk, Low Fat Yogurt

Grain products are at least 50% whole grain

Turkey Sandwich or Sun butter & Jelly Sandwich can be a daily substitution



<https://www.nutritics.com/menu/ma2046>