NOVEMBER 2021

Metz CULINARY MANAGEMENT

SHENANGO ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate & white

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options include:
PB&J Uncrustable with String Cheese & Crackers

BUILD YOUR OWN PIZZA LUNCH KIT
(Flat bread, Sauce, Cheese & Pepperoni)

Director of Dining Services
Christine Bruno
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www.payschoolscentral.com For online cafeteria payments

USDA is an equal opportunity provider and employer.

Menu Subject to Change due to product availability.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe Sliders Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Buttered Noodles Green Beans Choice of Fruit Choice of Milk	**2** Popcorn Chicken with a Dinner Roll Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Oven Fries Baby Carrots Choice of Fruit Choice of Milk	**3** Italian Baked Chicken with a Dinner Roll Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Mashed Potatoes Steamed Vegetables Choice of Fruit Choice of Milk	**4** Nachos Grande Tortilla Chips Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk	**5** Cheesy Pizza Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Tater Tots Baked Beans Choice of Fruit Choice of Milk
8 Chicken Nuggets with a Dinner Roll Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Oven Fries Steamed Vegetables Choice of Fruit Choice of Milk	**9** Waffles & Sausage Links Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Triangle Potatoes Cucumber Slices Choice of Fruit Choice of Milk	**10** Hot Dog on a Bun Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Potato Smiles Baked Beans Choice of Fruit Choice of Milk	**11** Penne Pasta & Meatballs Garlic Bread Stick Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Spinach Salad Cherry Tomatoes Choice of Fruit Choice of Milk	**12** Pepperoni Pizza Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Broccoli & Cheese Baby Carrots Choice of Fruit Choice of Milk
15 Taco Salad with Tortilla Chips Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Fresh Salsa Guacamole Choice of Fruit Choice of Milk	**16** Toasted Cheese Sandwich Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Tater Tots Veggies & Ranch Dip Choice of Fruit Choice of Milk	**17** Mini Corn Dogs Sandwich Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Curly Fries Baby Carrots Choice of Fruit Choice of Milk	**18** Thanksgiving Meal Turkey with Stuffing Mashed Potatoes Steamed Corn Cranberry Sauce Dessert Choice of Fruit Choice of Milk	**19** Personal Pan Pizza Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Bowl of Chili Garden Salad Choice of Fruit Choice of Milk
22 Macaroni & Cheese with a Dinner Roll Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Green Beans Coleslaw Choice of Fruit Choice of Milk	**23** Cheese Sticks with Sauce Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Oven Fries Garden Salad Choice of Fruit Choice of Milk	**24** 	**25** 	**26**
29 	**30** General Tso Chicken over Rice Craveable Pizza Kit PB & J Uncrustable **Featured Veggies:** Steamed Broccoli Hummus & Chips Choice of Fruit Choice of Milk			