



MAY 2024



Metz CULINARY MANAGEMENT

SHENANGO HIGH SCHOOL

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad Red/Orange - carrots, sweet potatoes, tomatoes and red peppers Legumes - beans and peas Starchy - potatoes, corn, peas & lima beans Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include: Cheese Burger on a Bun Chicken Patty on a Bun Chicken Nuggets with Pretzel Stick

Daily Fresh Baked Pizza Selections:

Cheese, Pepperoni, Buffalo Chicken, White, Sausage or Specialty Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll Strawberry Spinach Salad with Dinner Roll Chopped Garden Salad with Dinner Roll Buffalo Chicken Salad with Dinner Roll



11



www.payschoolscentral.com for online cafeteria payments

Director of Dining Services Christine Bruno 724.657.8524

cbruno@shenango.k12.pa.us

USDA is an equal opportunity provider and employer.

\*Menu subject to change\*

Monday



6

Chicken Tenders with a Dinner Roll

Pizza Deli Sandwich

Featured Veggies: Baked Potato Green Beans Choice of Fruit Choice of Milk

13

Beef or Chicken Gyro on Flatbread

Pizza Deli Sandwich

Featured Veggies: Greek Salad Hummus & Chips Choice of Fruit Choice of Milk

20

Dip & Dust Wing Bar with a Dinner Roll

Pizza Deli Sandwich Featured Veggies: Oven Fries Carrots & Celery Sticks Choice of Fruit Choice of Milk

27



NO SCHOOL

Tuesday



7

Cheeseburger Bar

Pizza Deli Sandwich

Featured Veggies: Oven Potatoes Lettuce & Tomato Choice of Fruit Choice of Milk

14

Taco Salad w/Tortilla Chips

Pizza Deli Sandwich

Featured Veggies: Steamed Corn Fresh Salsa Choice of Fruit Choice of Milk

21

Meatball & Cheese Sub Sandwich

Pizza Deli Sandwich

Featured Veggies: Italian Salad Grape Tomatoes Choice of Fruit Choice of Milk

28

Cook's Choice



Pizza Deli Sandwich

Featured Veggies:

Choice of Fruit Choice of Milk

Wednesday

1

Buffalo Chicken Salad with a Dinner Roll

Pizza Deli Sandwich

Featured Veggies: Curly Fries Green Pepper Strips Choice of Fruit Choice of Milk

8

French Toast Sticks w/Sausage

Pizza Deli Sandwich

Featured Veggies: Triangle Potatoes Baby Carrots Choice of Fruit Choice of Milk

15

General Tso Chicken over Brown Rice

Pizza Deli Sandwich

Featured Veggies: Steamed Broccoli Sliced Cucumbers Choice of Fruit Choice of Milk

22

Mini Corn Dogs

Pizza Deli Sandwich

Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk

29

Cook's Choice



Pizza Deli Sandwich

Featured Veggies:

Choice of Fruit Choice of Milk

Thursday

2

Nachos Grande Tortilla Chips

Deli Sandwich

Featured Veggies: Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk

9

Penne Pasta & Meatballs Garlic Bread Stick

Deli Sandwich

Featured Veggies: Caesar Salad Grape Tomatoes Choice of Fruit Choice of Milk

16

Buffalo Chicken & Cheese Wrap

Deli Sandwich

Featured Veggies: Oven Potatoes Lettuce & Tomato Choice of Fruit Choice of Milk

23

Beef & Cheese Taco On a Soft Tortilla

Pizza Deli Sandwich

Featured Veggies: Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk

30

Cook's Choice



Pizza Deli Sandwich

Featured Veggies:

Choice of Fruit Choice of Milk

Friday

3

Cheese Sticks with Marinara Sauce

Pizza Deli Sandwich

Featured Veggies: Romaine Salad Green Beans Choice of Fruit Choice of Milk

10

Baked Chicken with a Dinner Roll

Pizza Deli Sandwich

Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk

17



NO SCHOOL

24

Chicken Patty Sandwich

Pizza Deli Sandwich

Featured Veggies: Tater Tots Green beans Choice of Fruit Choice of Milk

31

Cook's Choice

Congratulations Class of 2024!



Choice of Fruit & Milk