

Monday	Tuesday	Wednesday	Thursday	Friday
1/30/23 General Tso's Chicken over Brown Rice	1/31/23 Grilled Cheese Sandwich	2/1/23 Sloppy Joe on a Bun	2/2/23 Popcorn Chicken Bowl Mashed Potatoes, Corn Gravy and Cheddar Cheese served with a Dinner Roll	2/3/23 Stuffed Crust Pizza
Steamed Broccoli Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Curly Fries Choice of Fruit Choice of Milk
2/6/23 Corn Dog Nuggets	2/7/23 Walking Taco with Beef	2/8/23 Cowboy Burger with Onion Rings and BBQ Sauce	2/9/23 Cheese Ravioli with Garlic Breadstick	2/10/23 Home-Made Cheese or Pepperoni Pizza
Glazed Carrots Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
2/13/23 Cheesey Bread with Tomato Sauce	2/14/23 Nachos Grande with Cheese Sauce, Salsa, Sour Cream & Shredded Cheddar	2/15/23 Hot Ham and Cheese on a Croissant	2/16/23 Pierogis with Butter and Onion	2/17/23 Half Day Chicken and Waffles with Gravy
Ranchero Carrots Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Roasted BBQ Cauliflower Choice of Fruit Choice of Milk	Steamed Peas Choice of Fruit Choice of Milk	Tator Tots Choice of Fruit Choice of Milk
2/20/23 No School	2/21/23 Hard Shell Tacos Salsa, Shredded Cheddar & Sour Cream or Fish Tacos	2/22/23 Scratch-Made Macaroni & Cheese with a Dinner Roll	2/23/23 BBQ Pulled Pork Sandwich	2/24/23 French Bread Pizza
	Mixed Veggies Choice of Fruit Choice of Milk	Stewed Tomatoes Choice of Fruit Choice of Milk	Roasted Ranch Cauliflower Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
2/27/23 Chicken Tenders with a Dinner Roll	2/28/23 Walking Taco with Beef or Fish Sticks	3/1/23 Grilled Cheese Sandwich	3/2/23 General Tso's Chicken over Brown Rice	3/3/23 Stuffed Crust Pizza
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Curly Fries Choice of Fruit Choice of Milk

MENU SUBJECT TO CHANGE DUE TO VENDOR AVAILABILITY



go to www.schoolcafe.com for:
online account payments, transactions details,
menus & free and reduced applications (can be
submitted any time during the school year)

USDA is an equal opportunity
provider and employer



go to www.lakelehmanmetz.com for
printable menus, what makes a meal, nutrition
information and more

USDA National School Lunch Requirements

Students are encouraged to take
all 5 of the different components offered;
however, it is required they take
at least 3 different components.
One of those components must be a
fruit and/or a vegetable

Whether students take 3, 4, or 5
of the components, the meal is the same price

This allows them to build a healthy meal
by selecting 3 to 5 different food groups

Step 1: Choose 1/2 cup of fruit and/or vegetable



Step 2: Choose at least 2 other components
and up to 3:



Other Daily Entree Options May Include:

- Italian Hoagie
- Club Sandwich on Whole Wheat
- Ham & Cheese Hoagie
- Ham & Cheese on Whole Wheat
- Turkey & Cheese on Whole Wheat
- Turkey, Ham & Cheese Croissant
- Peanut Butter & Jelly with String Cheese
- Tuna Salad on Whole Wheat
- Chef Salad with a Dinner Roll

Meal Prices

Student Meal \$2.15
Adult Meal \$3.50

General Manager: Sarah Walsh
ma1124@metzcorp.com