

**FEBRUARY - MARCH
2020**



Metz The
CULINARY MANAGEMENT

BISTRO 1776 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, vanilla 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
Cheese or Pepperoni Pizza

UP FOR GRABS

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

Asian BBQ Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap

Turkey & Cheese Flat Bread
Buffalo Chicken Roll Up Wrap
Turkey & Spinach Roll Up Wrap



February Nutritious Friend



March Nutritious Friend
Be sure to try it on Sample Day

Lunch Prices
Student \$2.90
Student Tier \$3.85
Reduced \$4.40
Adult \$3.75
Adult Tier \$4.70

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/10/2020</p> <p>Mini Corn Dog</p> <p>or</p> <p>Mini Peperoni Calzones(T) with Dipping Sauce</p> <p>Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>2/11/2020</p> <p>Pierogi Meal</p> <p>or</p> <p>Chicken Parmesan on a Bun</p> <p>Featured Veggies: Cucumber Slices Tomato Slices Choice of Fruit Choice of Milk</p>	<p>2/12/2020</p> <p>WING BAR(T)</p> <p>Bone In & Boneless Choice of Sauce or</p> <p>French Toast Sticks With Sausage Patties</p> <p>Featured Veggies: Hash Brown Potato Hot Apple Slices Choice of Fruit Choice of Milk</p>	<p>2/13/2020</p> <p>Nacho Grande Tortilla Chips</p> <p>or</p> <p>Philly Steak & Cheese Try a large for Tier Price</p> <p>Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p>2/14/2020</p> <p>Hot Turkey Sandwich with Gravy or</p> <p>Italian Dunkers with Dipping Sauce</p> <p>Featured Veggies: Mashed Potatoes Roasted Zucchini Choice of Fruit Choice of Milk</p>
<p>2/17/2020</p> <p>Presidents' Day</p> <p>Schools Closed</p>	<p>2/18/2020</p> <p>DELI DAY</p> <p>Turkey Bacon Club on a Keiser Roll or</p> <p>Nachos Grande Tortilla Chips</p> <p>Featured Veggies: Refried beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p>2/19/2020</p> <p>Popcorn Chicken</p> <p>or</p> <p>Jaguar Burger(T) on a Kiser Roll</p> <p>Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>2/20/2020</p> <p>CHEESE STEAK GRILLE</p> <p>Philly Steak & Cheese Try a Large for Tier Price or</p> <p>Wings(T) Choice of Sauce</p> <p>Featured Veggies: Tomato Wedges Tater Tots Choice of Fruit Choice of Milk</p>	<p>2/21/2020</p> <p>General Tso Chicken(T) w/Fried Rice & Egg Roll or</p> <p>Pepperoni Roll(T) with Dipping Sauce</p> <p>Featured Veggies: Baby Carrots Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p>2/24/2020</p> <p>In Service Day</p> <p>No School For Students</p>	<p>2/25/2020</p> <p>Pizza Bar</p> <p>Variety of Pizzas Garlic Bread Stick or</p> <p>Nachos Grande Tortilla Chips</p> <p>Featured Veggies: Black Beans Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p>2/26/2020</p> <p>Shrimp Taco with Mango Salsa or</p> <p>General Tso Chicken(T) w/Fried Rice & Egg Roll</p> <p>Featured Veggies: Broccoli Curley Fries Choice of Fruit Choice of Milk</p>	<p>2/27/2020</p> <p>BURGER BAR</p> <p>Featuring the Jaguar(T) Choice of Toppings or</p> <p>Macaroni & Cheese</p> <p>Featured Veggies: Yellow Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>2/28/2020</p> <p>Grilled Chicken Sandwich with Provolone Cheese on a Focaccia Bun or</p> <p>Crispy Fish Sandwich</p> <p>Featured Veggies: Cucumber Salad Steamed Carrots Choice of Fruit Choice of Milk</p>
<p>3/2/2020</p> <p>Fresh Turkey Bacon Cheese On a Croissant or</p> <p>Chicken Mash Potato Bowl (T)</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>3/3/2020</p> <p>Hot Turkey Sandwich with Gravy or</p> <p>Jaguar Burger(T) on a Kiser Roll</p> <p>Featured Veggies: Potato Wedges Caesar Salad Choice of Fruit Choice of Milk</p>	<p>3/4/2020</p> <p>Nacho Bar</p> <p>or</p> <p>Mini Corn Dogs</p> <p>Featured Veggies: Black Beans Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>3/5/2020</p> <p>Italian Meatball Calzone(T) or</p> <p>Pasta Bar Garlic Bread</p> <p>Featured Veggies: Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>3/6/2020</p> <p>General Tso Chicken(T) w/Fried Rice & Egg Roll or</p> <p>Tuna Melt</p> <p>Featured Veggies: Baby Carrots Apple Cider Slaw Choice of Fruit Choice of Milk</p>
<p>3/9/2020</p> <p>Cheese Burger On a Bun or</p> <p>Chicken Mash Potato Bowl (T)</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>3/10/2020</p> <p>French Toast Sticks With Sausage Patties or</p> <p>Nachos Grande Tortilla Chips</p> <p>Featured Veggies: Mexicala Corn Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>3/11/2020</p> <p>WING BAR(T)</p> <p>Boneless or Bone In Choice of Sauce or</p> <p>Italian Sliders</p> <p>Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p>3/12/2020</p> <p>VILLA TOSCANO GRILLE</p> <p>Pasta Bar Garlic Bread Stick or</p> <p>Mini Peperoni Calzone(T)</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>3/13/2020</p> <p>Pierogi Meal String Cheese or</p> <p>Popcorn Shrimp</p> <p>Featured Veggies: Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>3/16/2020</p> <p>Philly Steak & Cheese Try a Large for Tier Price or</p> <p>General Tso Chicken(T) w/Fried Rice & Egg Roll</p> <p>Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>3/17/2020</p> <p>Nachos Grande Tortilla Chips or</p> <p>Chicken Parmesan On a Bun</p> <p>Featured Veggies: Steamed Corn Baked Beans Choice of Fruit Choice of Milk</p>	<p>3/18/2020</p> <p>HAPPY ST. PATRICK'S DAY</p> <p>Egg, Sausage & Cheese On a Croissant or</p> <p>Wings(T) Choice of Sauce</p> <p>Featured Veggies: Tater Tots Carrot Slices Choice of Fruit Choice of Milk</p>	<p>3/19/2020</p> <p>TJ CHIPOTLE GRILL</p> <p>Our Version of Chipotle(T) On a Soft Tortilla Choice of rice, beans, Beef, Chicken, Pork, peppers & onions</p> <p>Featured Veggies: Curley Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>3/20/2020</p> <p>Seafood Quesadilla or</p> <p>Italian Dunkers with Sauce</p> <p>Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>