

November  
2020



**Metz**  
CULINARY MANAGEMENT

**John Fenwick Academy**

**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**

1- Hot Choice  
2-PBJ Sandwich  
3-Turkey & Cheese Sandwich



Lunch Prices  
All Students are Free

Adults \$3.90

**Debra S. Gralley**  
General Manager  
Metz Culinary Management  
856-935-3900 Ext 3550

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Cheese Burgers on a Bun</p> <p>PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Steamed Corn</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>3</b></p> <p>No School</p>	<p><b>4</b></p> <p>Sesame Chicken Over Rice or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Ranchero Carrots</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>No School</p>	<p><b>6</b></p> <p>No School</p>
<p><b>9</b></p> <p>No School</p>	<p><b>10</b></p> <p>Salisbury Steak with a Dinner Roll or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Spinach Salad</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Chicken Fajita On a Soft Tortilla or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Steamed Carrots</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Beef &amp; Mac Garlic Bread Stick or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Romaine Salad</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Virtual</p>
<p><b>16</b></p> <p>Cheese Steak On a Roll or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Mexicala Corn</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Beef Taco On a Soft Tortilla or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Roasted Sweet Potatoes</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Italian Meatballs &amp; Cheese On a Roll or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Lima Beans</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Thanksgiving Dinner Roast Turkey</p> <p>PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Corn &amp; Stuffing Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p>Virtual</p>
<p><b>23</b></p> <p>Chicken Nuggets with a Dinner Roll or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Tater Tots</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Salem Sub On a Roll or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> Green Beans</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>1/2 Day Bag Lunch or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b> carrot stick Apple slice Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Thanksgiving Day</p>	<p><b>27</b></p> <p>No School</p>
<p><b>30</b></p> <p>Cheese Burger On a Bun or PBJ Sandwich Turkey &amp; Cheese</p> <p><b>Featured Veggies:</b></p> <p>Choice of Fruit Choice of Milk</p>				