

November
2020



Metz
CULINARY MANAGEMENT

Salem 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, 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
Pizza Daily
Monday- Sausage Pizza
Tuesday-Bacon Pizza
Wednesday-Pepperoni
Thursday-Meatlovers

Chicken Caesar Salad
Chef Salad
Chicken Caesar Wrap
Bacon Turkey and Cheese Wrap
Bacon Chicken Ranch Wrap



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