

May  
2024



**Metz**  
CULINARY MANAGEMENT

**DuBois Area School District  
Secondary Lunch Menu**



**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 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 Dinner Roll

**UP FOR GRABS**

Grilled Chicken Salad with Dinner Roll  
Farmhouse Salad with Dinner Roll  
Chopped Garden Salad with Dinner Roll  
Turkey BLT Salad with Dinner Roll  
Asian Chicken  
Chef Salad  
Yogurt & Fruit Parfaits  
ASSORTED SANDWICHES & WRAPS  
(when we dont have deli bar)

**PIZZA OPTIONS**

Cheese, Pepperoni, Meatlovers, BBQ Chicken, Garlic White, Buffalo Chicken, Taco, Philly Cheese Steak, Sausage, Pierogi  
**ALL PIZZAS MADE DAILY INHOUSE BY CAFE STAFF**

Lunch Prices  
Student 1 FREE DAILY

Adult \$4.75

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Online Café Payments: [www.schoolcafe.com](http://www.schoolcafe.com)

USDA is an equal opportunity provider and employer.

**Monday**

**29**  
Cheeseburger on a Bun  
or  
Mini Ravioli w/ Garlic toast  
**Featured Veggies:**  
French Fries  
Cherry Tomatoes  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**6**  
Walking Taco  
or  
Chili & Cheese Hot dog on a Roll  
**Featured Veggies:**  
Baked Beans  
Tomato & Onion Salsa  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**13**  
Chicken Nuggets  
or  
Corn Dog  
**Featured Veggies:**  
Black & White Bean Salad  
French Fries  
Choice of Fruit/Milk

**20**  
Popcorn Chicken  
or  
Assorted Items  
Cooks Choice  
**Featured Veggies:**  
Assorted Fresh Veggies  
Assorted Fruits  
Choice of Fruit/Milk

**28**  


**Tuesday**

**30**  
General Tso Chicken over Rice w/ broccoli  
or  
Baked Potato Bar w/ Assorted Toppings  
**Featured Veggies:**  
French Carrot Salad  
Green Pepper Strips  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**7**  
Macaroni & Cheese  
or  
Chicken, bacon ranch Wedge on Flatbread  
**Featured Veggies:**  
Cole Slaw  
Baby Carrots  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**14**  
French Toast Sticks With Sausage Links  
or  
Chicken Parmesan Sandwich  
**Featured Veggies:**  
Oven Brown Potatoes  
Fresh Cucumber Slices  
Choice of Fruit/Milk

**21**  
Nachos Grande Tortilla Chips  
or  
Assorted Items  
Cooks Choice  
**Featured Veggies:**  
Assorted Fresh Veggies  
Assorted Fruits  
Choice of Fruit/Milk

**29**  
Assorted Pizza  
**Featured Veggies:**  
Assorted Fresh Veggies  
Assorted Fruits  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**Wednesday**

**1**  
French Toast Sticks w/ sausage  
or  
Baked Italian Hoagie  
**Featured Veggies:**  
Asian Brown Potatoes  
Garden Salad  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**8**  
Chicken Patty on a Bun  
or  
Old School Pizza Burgers  
**Featured Veggies:**  
French Fries  
Red Pepper Strips  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**15**  
Spaghetti w/ meatsauce w/ garlic toast  
or  
Turkey, Ham, Bacon Club on Croissant  
**Featured Veggies:**  
Cheesy Broccoli  
Garden Salad  
Choice of Fruit/Milk

**22**  
Toasted Cheese Sandwich  
or  
Assorted Items  
Cooks Choice  
**Featured Veggies:**  
Assorted Fresh Veggies  
Assorted Fruits  
Choice of Fruit/Milk

**30**  
**LAST STUDENT DAY HAVE A GREAT SUMMER!!!!**

**Thursday**

**2**  
Nachos Grande Tortilla Chips  
or  
Buffalo Chicken on Flatbread  
**Featured Veggies:**  
Black & White bean salad  
Broccoli & Cheese  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**9**  
Toasted Cheese Sandwich  
or  
Pizza Casserole with a Roll  
**Featured Veggies:**  
Tomato Soup  
Celery Sticks  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**16**  
French Fry Bar  
Buffalo Chicken or Steak  
or  
Chicken Lo Mein  
**Featured Veggies:**  
Grape Tomatoes  
Cole Slaw  
Choice of Fruit/Milk

**23**  
Chicken & Gravy over Biscuit  
or  
Assorted Items  
Cooks Choice  
**Featured Veggies:**  
Assorted Fresh Veggies  
Assorted Fruits  
Choice of Fruit/Milk

**31**  
**CONGRATS CLASS OF 2024 BEST OF LUCK IN YOUR FUTURE ENDEAVORS**

**Friday**

**3**  
Meatball Hoagie  
or  
Homemade Stromboli w/ dipping sauce  
**Featured Veggies:**  
French Fries  
Cucumber Slices  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**10**  
Cheese Stick Dippers w/ Sauce  
or  
Chicken & Vegetable Potstickers  
**Featured Veggies:**  
Tossed Salad  
Cucumber Slices  
Choice of Fruit/Milk  
[Bravo Choice Bar](#)

**17**  
Bacon Cheeseburger on a Roll  
or  
Homemade Pepperoni Roll With Dipping Sauce  
**Featured Veggies:**  
Buttered Corn  
French Fries  
Choice of Fruit/Milk

**24**  
Pierogies  
or  
Assorted Items  
Cooks Choice  
**Featured Veggies:**  
Assorted Fresh Veggies  
Assorted Fruits  
Choice of Fruit/Milk

**1**  
**Apply here for 24/25 school year jobs**  
