

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 don't 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

USDA is an equal opportunity provider and employer.

Monday

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

Tuesday

30

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

Wednesday

1

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

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](#)

Friday

3

Meatball Hoagie
or
Homemade Stromboli w/ dipping sauce
Featured Veggies:
French Fries
Cucumber Slices
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](#)

7

Macaroni & Cheese
or
Chicken, bacon ranch Wedge on Flatbread
Featured Veggies:
Cole Slaw
Baby Carrots
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](#)

9

Toasted Cheese Sandwich or
Pizza Casserole with a Roll
Featured Veggies:
Tomato Soup
Celery Sticks
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](#)

13

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

14

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

15

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

16

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

17

Bacon Cheeseburger on a Roll or
Homemade Pepperoni Roll With Dipping Sauce
Featured Veggies:
Buttered Corn
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

21

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

22

Toasted Cheese Sandwich or
Assorted Items Cooks Choice
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
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

24

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

27



28

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

29

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

#

30

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

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24/25 school year jobs**

