March 2024

Metz CULINARY MANAGEMENT

Fairview and Rice Elementary 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, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home:

Daily entrée options may include:
Assorted cold sandwiches and hoagies including turkey and cheese, ham and cheese, and tuna.
Peanut Butter and Jelly Offered Daily

CRAVEABLES

Craveables will be offered every Friday.
Pizza Craveable
(week1,3, and 5)
Turkey and Cheese Craveable
(weeks 2 and 4)

Lunch Prices
Students Reduced- FREE
Students Paid- $2.85
Adult $4.75

Phone Number-(570)474-6782
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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza or Tuna fish Wrap with Lettuce or Pizza Craveable **Featured Veggies:** Steamed Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
4 Chicken Breast and Cheese on a Bun or Breaded Chicken Nuggets with a Dinner Roll **Featured Veggies:** Fresh Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	**5** Chicken Tacos with Soft Tortilla Shells or Cheeseburger on a Bun **Featured Veggies:** Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	**6** Walking Tacos or Hot Dog on a Bun **Featured Veggies:** Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	**7** Mini (Turkey) Corn Dog Nuggets Pretzel Stick or Breaded Chicken Patty on a Bun **Featured Veggies:** Peas Fresh Vegetables Choice of Fruit Choice of Milk	**8** Cheese Pizza or Fish Sticks with Tartar Sauce or Turkey and Cheese Craveable **Featured Veggies:** Steamed Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk
11 Italian Dunkers with Dipping Sauce or Breaded Chicken Nuggets with a Dinner Roll **Featured Veggies:** Peas Fresh Vegetables Choice of Fruit Choice of Milk	**12** Macaroni & Cheese Garlic Bread Stick or Cheeseburger on a Bun **Featured Veggies:** Glazed Baby Carrots Fresh Vegetables Choice of Fruit Choice of Milk	**13** Sweet & Sour Chicken Over Rice or Hot Dog on a Bun **Featured Veggies:** Corn Fresh Vegetables Choice of Fruit Choice of Milk	**14** Chicken Alfredo with a Garlic Knot or Breaded Chicken Patty on a Bun **Featured Veggies:** Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	**15** Cheese Pizza or Grilled Chicken on a Bun or Pizza Craveable **Featured Veggies:** Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
18 Grilled Cheese Sandwich or Breaded Chicken Fries with Dipping Sauce **Featured Veggies:** Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	**19** Chicken Tacos with Soft Tortilla Shells or Cheeseburger on a Bun **Featured Veggies:** Glazed Baby Carrots Fresh Vegetables Choice of Fruit Choice of Milk	**20** Pulled Pork Nachos Tortilla Chips or Hot Dog on a Bun **Featured Veggies:** Corn Fresh Vegetables Choice of Fruit Choice of Milk	**21** Cheesy Meatball Hoagie or Breaded Chicken Patty on a Bun **Featured Veggies:** Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	**22** Cheese Pizza or Chicken Caesar Wrap or Turkey and Cheese Craveable **Featured Veggies:** Peas Fresh Vegetables Choice of Fruit Choice of Milk
25 Mini (Turkey) Corn Dog Nuggets Pretzel Stick or Breaded Chicken Nuggets with a Dinner Roll **Featured Veggies:** French Fries Fresh Vegetables Choice of Fruit Choice of Milk	**26** Chicken and Waffles with Gravy or Cheeseburger on a Bun **Featured Veggies:** Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	**27** French Toast Sticks with Sausage Links or Hot Dog on a Bun **Featured Veggies:** Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	**28** Pierogies with Butter or Breaded Chicken Patty on a Bun **Featured Veggies:** Corn Fresh Vegetables Choice of Fruit Choice of Milk	**29** SCHOOL CLOSED