

**APRIL  
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 will be offered every Friday.  
Pizza Craveable (week 1, 3, and 5)  
Turkey and Cheese Craveable (weeks 2 and 4)

### Lunch Prices

Students Reduced- FREE  
Students Paid- \$2.85  
Adult \$4.75



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### Monday

1



### Tuesday

2

Buffalo Chicken Dip  
With Tortilla Chips  
or  
Cheeseburger on a Bun

**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

### Wednesday

3

Italian Dunkers  
with Dipping Sauce  
or  
Hot Dog  
on a Bun

**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

### Thursday

4

BBQ Rib  
on a Hoagie Bun  
or  
Breaded Chicken Patty  
on a Bun

**Featured Veggies:**  
Baked Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

### Friday

5

Cheese Pizza  
or  
Hot Ham and Cheese Melt  
or  
**Turkey and Cheese Craveable**  
**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

8

Asian Sesame Chicken  
over Rice  
or  
Breaded Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Fresh Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

9

Egg & Cheese on a Bagel  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Tator Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

10

Chicken Cheddar  
Ranch Sub  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

11

Spaghetti and Meat Sauce  
with a Dinner Roll  
or  
Breaded Chicken Patty  
on a Bun  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

12

Cheese Pizza  
or  
Tuna Fish Wrap with Lettuce  
or  
**Pizza Craveable**  
**Featured Veggies:**  
Steamed Mixed Veggies  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

15

Breaded Chicken Breast & 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

16

Chicken and Gravy  
with a Biscuit  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

17

Walking Tacos  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

18

Mini (Turkey) Corn Dog Nuggets  
Pretzel Stick  
or  
Breaded Chicken Patty  
on a Bun  
**Featured Veggies:**  
Smiley Fries  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

19

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

22

Italian Dunkers  
with Dipping Sauce  
or  
Breaded Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

23

Macaroni & Cheese  
Garlic Bread Stick  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

24

Fajita Chicken  
Over Rice  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

25

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

26

Cheese Pizza  
or  
BBQ Grilled Chicken Sandwich  
or  
**Pizza Craveable**  
**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

29

Grilled Cheese Sandwich  
or  
Breaded Chicken Fries  
with Dipping Sauce

**Featured Veggies:**  
Tater Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

30

Chicken Tacos  
with Soft Tortilla Shells  
or  
Cheeseburger on a Bun

**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

1

Pulled Pork Nachos  
Tortilla Chips  
or  
Hot Dog  
on a Bun

**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

2

Cheesy Meatball  
Hoagie  
or  
Breaded Chicken Patty  
on a Bun

**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

3

Cheese Pizza  
or  
Chicken Caesar Wrap  
or  
**Turkey and Cheese Craveable**  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk