

February  
2024



**Metz**  
CULINARY MANAGEMENT

**Fairview and Rice Elementary  
School 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- \$0.40  
Students Paid- \$2.85  
Adult \$4.75

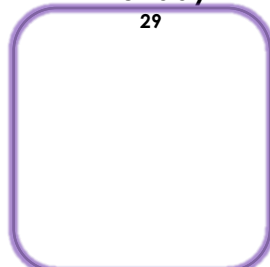


Phone Number- (570)474-6782  
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**Monday**

29



5

**National Tater Tot Day!**  
Grilled Cheese Sandwich  
or  
Breaded Chicken Fries with Dipping Sauce  
**Featured Veggies:**  
Tater Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

12



19

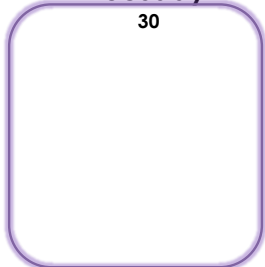


26

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

**Tuesday**

30



6

Chicken Tacos with Soft Tortilla Shells  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Glazed Baby Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

13

Chicken and Waffles with Gravy  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

20

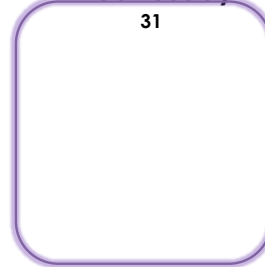
**Early Dismissal**  
Buffalo Chicken Dip With Tortilla Chips  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

27

**Brunch for Lunch!**  
Egg & Cheese on a Bagel  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Smile Fries  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**Wednesday**

31



7

Pulled Pork Nachos  
Tortilla Chips  
or  
Hot Dog on a Bun  
**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

14

Pierogies with Butter  
or  
Hot Dog on a Bun  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

21

Italian Dunkers with Dipping Sauce  
or  
Hot Dog on a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

28

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

**Thursday**

1

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

8

Cheesy Meatball Hoagie  
or  
Breaded Chicken Patty on a Bun  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

15

French Toast Sticks with Sausage Links  
or  
Breaded Chicken Patty on a Bun  
**Featured Veggies:**  
Tater Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

22

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

29

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

**Friday**

2

Cheese Pizza  
or  
Grilled Chicken on a Bun  
or  
[Pizza Craveable](#)  
**Featured Veggies:**  
Steamed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

9

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

16

Cheese Pizza  
or  
Fish Sticks with Tartar Sauce  
or  
[Pizza Craveable](#)  
**Featured Veggies:**  
Steamed Mixed Veggies  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

23

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

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