

**MAY  
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**



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**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**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

**6**

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

**7**

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

**8**

French Toast Sticks  
with Sausage Link  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**9**

Pierogies  
with Butter  
or  
Breaded Chicken Patty  
on a Bun  
**Featured Veggies:**  
Tater Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**10**

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

**13**

Comet Bowl  
or  
Popcorn Chicken  
with a Dinner Roll  
**Featured Veggies:**  
Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**14**

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

**15**

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

**16**

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

**17**

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

**20**

Egg & Chese on a Bagel  
or  
Breaded Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Smiley Fies  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**21**

Asian Sesame Chicken  
over Rice  
or  
Cheeseburger on a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**22**

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

**23**

Spaghetti & Meatballs  
Garlic Bread Stick  
or  
Breaded Chicken Patty  
on a Bun  
**Featured Veggies:**  
Peas  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**24**

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

**27**



**28**

Chef's Choice  
**Featured Veggies:**  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**29**

Chef's Choice  
**Featured Veggies:**  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**30**

Chef's Choice  
**Featured Veggies:**  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**31**

