

April
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 dont 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

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Monday

1

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8

Chicken Nuggets
or
Pizza Logs
w/ Dipping Sauce
Featured Veggies:
Black & White Bean Salad
French Fries
Choice of Fruit/Milk
[Bravo Choice Bar](#)

15

Popcorn Chicken
w/ breadstick
or
Meatball Hoagie
on Baguette
Featured Veggies:
Tater Tots
Cherry Tomatoes
Choice of Fruit/Milk
[Bravo Choice Bar](#)

22

Popcorn Chicken
or
**BBQ Chicken, Bacon
Southwest Wrap**
Featured Veggies:
Oven Brown Potatoes
Cherry Tomatoes
Choice of Fruit/Milk
[Bravo Choice Bar](#)

29

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

Tuesday

2

Popcorn Chicken
Bowl
or
Chicken, bacon ranch Wedge
on Flatbread
Featured Veggies:
Cole Slaw
Baby Carrots
Choice of Fruit/Milk
[Bravo Choice Bar](#)

9

French Toast Sticks
With Sausage Links
or
Chicken Pot Pie
Featured Veggies:
Oven Brown Potatoes
Fresh Cucumber Slices
Choice of Fruit/Milk
[Bravo Choice Bar](#)

16

Nachos Grande
Tortilla Chips
or
Oven Baked Chicken
w/ Mashed Potatoes & gravy
Featured Veggies:
Street Corn Salad
Black & White Bean Salad
Choice of Fruit/Milk
[Bravo Choice Bar](#)

23

Bacon Cheeseburger
On a Roll
or
Chicken & Vegetable Potstickers
w/dipping sauce
Featured Veggies:
French Fries
Garden Salad
Choice of Fruit/Milk
[Bravo Choice Bar](#)

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

3

Chicken Patty
on a Bun
or
Lasagna
w/ Garlic Bread
Featured Veggies:
French Fries
Red Pepper Strips
Choice of Fruit/Milk
[Bravo Choice Bar](#)

10

Spaghetti w/ meatballs
w/ garlic toast
or
Baked Cheesesteak Hoagie
on Baguette roll
Featured Veggies:
Cheesy Broccoli
Garden Salad
Choice of Fruit/Milk
[Bravo Choice Bar](#)

17

Toasted
Cheese Sandwich
or
**Chimichurri Pork
Taco**
Featured Veggies:
Tomato Soup
Broccoli Salad
Choice of Fruit/Milk
[Bravo Choice Bar](#)

24

Macaroni & Cheese
or
Turkey, Ham, Bacon Club
On Crossiant
Featured Veggies:
Cole Slaw
Baked Beans
Choice of Fruit/Milk
[Bravo Choice Bar](#)

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

4

Toasted Cheese
Sandwich
or
Hot Italian Sausage
On a Roll
Featured Veggies:
Tomato Soup
Celery Sticks
Choice of Fruit/Milk
[Bravo Choice Bar](#)

11

French Fry Bar
Buffalo Chicken or Steak
or
**Chicken Cordon Bleu
Sandwich**
Featured Veggies:
Grape Tomatoes
Cole Slaw
Choice of Fruit/Milk
[Bravo Choice Bar](#)

18

Turkey & Gravy
over Stuffing
or
Italian Dunkers
w/ dipping sauce
Featured Veggies:
Mashed Potatoes w/ Gravy
Green Pepper Strips
Choice of Fruit/Milk
[Bravo Choice Bar](#)

25

Chicken Parmesan Sandwich
On a Roll
or
Pizza Casserole
w/ Garlic Toast
Featured Veggies:
Cheesy Broccoli
Cucumber Slices
Choice of Fruit/Milk
[Bravo Choice Bar](#)

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

5

Chicken Alfredo w/broccoli
over Penne Pasta
or
Buffalo Chicken Dip
w/ Tortilla Chips
Featured Veggies:
Tossed Salad
Cucumber Slices
Choice of Fruit/Milk
[Bravo Choice Bar](#)

12

Boneless Wings
w/ dinner roll
or
Homemade Pepperoni Roll
With Dipping Sauce
Featured Veggies:
Buttered Corn
Broccoli Salad
Choice of Fruit/Milk
[Bravo Choice Bar](#)

19

Pierogies
w/ breadstick
or
Turkey Reuben
on Sourdough Bread
Featured Veggies:
Garden Salad
Baby Carrots
Choice of Fruit/Milk
[Bravo Choice Bar](#)

26

Cheese Stick Dippers
w/ dipping sauce
or
Chicken Lo Mein
over Noodles
Featured Veggies:
Celery Sticks
Baby Carrots
Choice of Fruit/Milk
[Bravo Choice Bar](#)

3

Meatball Hoagie
or
Homemade Stromboli
w/ dipping sauce
Featured Veggies:
French Fries
Cucumber Slices
Choice of Fruit/Milk
[Bravo Choice Bar](#)