

May
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

USDA is an equal opportunity provider and employer.

Monday

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

Tuesday

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

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

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

3

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

6

Walking Taco
or
Chili & Cheese Hot dog on a Roll
Featured Veggies:
Baked Beans
Tomato & Onion Salsa
Choice of Fruit/Milk
[Bravo Choice Bar](#)

7

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

8

Chicken Patty on a Bun
or
Old School Pizza Burgers
Featured Veggies:
French Fries
Red Pepper Strips
Choice of Fruit/Milk
[Bravo Choice Bar](#)

9

Toasted Cheese Sandwich
or
Pizza Casserole with a Roll
Featured Veggies:
Tomato Soup
Celery Sticks
Choice of Fruit/Milk
[Bravo Choice Bar](#)

10

Cheese Stick Dippers w/ Sauce
or
Chicken & Vegetable Potstickers
Featured Veggies:
Tossed Salad
Cucumber Slices
Choice of Fruit/Milk
[Bravo Choice Bar](#)

13

Chicken Nuggets
or
Corn Dog
Featured Veggies:
Black & White Bean Salad
French Fries
Choice of Fruit/Milk

14

French Toast Sticks With Sausage Links
or
Chicken Parmesan Sandwich
Featured Veggies:
Oven Brown Potatoes
Fresh Cucumber Slices
Choice of Fruit/Milk

15

Spaghetti w/ meatsauce w/ garlic toast
or
Turkey, Ham, Bacon Club on Croissant
Featured Veggies:
Cheesy Broccoli
Garden Salad
Choice of Fruit/Milk

16

French Fry Bar
Buffalo Chicken or Steak
or
Chicken Lo Mein
Featured Veggies:
Grape Tomatoes
Cole Slaw
Choice of Fruit/Milk

17

Bacon Cheeseburger on a Roll
or
Homemade Pepperoni Roll With Dipping Sauce
Featured Veggies:
Buttered Corn
French Fries
Choice of Fruit/Milk

20

Popcorn Chicken
or
Assorted Items
Cooks Choice
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
Choice of Fruit/Milk

21

Nachos Grande
Tortilla Chips
or
Assorted Items
Cooks Choice
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
Choice of Fruit/Milk

22

Toasted Cheese Sandwich
or
Assorted Items
Cooks Choice
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
Choice of Fruit/Milk

23

Chicken & Gravy over Biscuit
or
Assorted Items
Cooks Choice
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
Choice of Fruit/Milk

24

Pierogies
or
Assorted Items
Cooks Choice
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
Choice of Fruit/Milk

27



28

Assorted Pizza
Featured Veggies:
Assorted Fresh Veggies
Assorted Fruits
Choice of Fruit/Milk
[Bravo Choice Bar](#)

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LAST STUDENT DAY HAVE A GREAT SUMMER!!!!

#

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CONGRATS CLASS OF 2024 BEST OF LUCK IN YOUR FUTURE ENDEAVORS

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Apply here for 24/25 school year jobs

