

May

2022



**Metz**  
CULINARY MANAGEMENT

# Lunch

## Lunch:

Clients may choose between the main entree, a Peanut Butter and Jelly Sandwich, or a Deli Sandwich.

Alternative menus for special dietary needs are available

Fat free, 1% and Chocolate milk are available

If you have special requests or concerns please ask your server or see contact

**Drew Landenburger, MS, CNS**  
Dietitian  
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540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> - Fish Sticks - Mac & Cheese Peas and Carrots Whole Wheat Roll - Applesauce - Choice of Milk	<b>2</b> - Cheeseburger - Steak Fries Corn - Fresh Fruit - Chocolate Brownie Choice of Milk	<b>3</b> - Chili w/ Beans - Sweet Potato Fries Garden Salad Cornbread - Fresh Fruit - Choice of Milk	<b>4</b> - Roast Turkey - Mashed Potatoes w/ Gravy Green Beans Roll - Fresh Fruit - Choice of Milk	<b>5</b> - Chicken Piccata - Penne w/ Olive Oil Garlic Roasted Broccoli - Fresh Fruit - Choice of Milk	<b>6</b> - Pork Chops - Mashed Potatoes w/Gravy Green Beans Roll Warm Spiced Apples - Choice of Milk	<b>7</b> - Chicken Nuggets - Waffle Fries Peas & Carrots Buttery Noodles - Fresh Fruit - Choice of Milk
<b>8</b> - Ham & Cheddar Melt - Corn Garden Salad Applesauce - - Choice of Milk	<b>9</b> - Chicken Cheesteak Sub - Peppers & Onions Onion rings Tomato & Cucumber Salad Fresh Fruit - Choice of Milk	<b>10</b> - Corn Dog - Chili Cheese Shredded Lettuce Black Beans Brown Rice Corn Sour Cream Fresh Fruit - Choice of Milk	<b>11</b> - Carnitas Salsa Cheese Shredded Lettuce Black Beans Brown Rice Sour Cream Fresh Fruit - Choice of Milk	<b>12</b> - Sloppy Joe on a roll - Carrot Sticks w/ Ranch Corn Applesauce Fruit Juice - Choice of Milk	<b>13</b> - Fish Tacos - Salsa Cheese Corn Spanish Rice Cilantro Lime Cole Slaw Fresh Fruit - Choice of Milk	<b>14</b> - Hot Dog - Baked Beans French Fries - Grapes Iced White Cake - Choice of Milk
<b>15</b> - Chicken Patty Sandwich - French Fries Broccoli - Peaches - Choice of Milk	<b>16</b> - Steak Fajitas - Brown Rice Corn Black Beans Cheese Salsa Fresh Fruit - Choice of Milk	<b>17</b> - Chicken Parmesan - Noodles Broccoli - Fresh Fruit Cherry Cobbler - Choice of Milk	<b>18</b> - Hot Dog - Potato Wedges Baked Beans Collard Greens - Applesauce - Choice of Milk	<b>19</b> - Shepherd's Pie - Green Beans Roll - Applesauce Fresh Fruit - Choice of Milk	<b>20</b> - Pork Tenderloin - Baked Sweet Potato Butter Sour Cream Whole Wheat Roll Warm Spiced Apples - Choice of Milk	<b>21</b> - Honey Garlic Chicken - Corn Buttered Noodles Cauliflower Poppers - Fresh Fruit - Choice of Milk
<b>22</b> - Korean BBQ Chicken - Asian Veggies Waffle Fries Brown Rice Sliced Pears - Choice of Milk	<b>23</b> - Italian Sausage Sub - Sauteed Peppers & Onions Peas Fresh Fruit - Choice of Milk	<b>24</b> - Spaghetti & Meat Sauce - Orange Glazed Carrots Garlic Roasted Broccoli Applesauce - Choice of Milk	<b>25</b> - Grilled Chicken BLT - Cucumber & Tomato Salad - Potato Salad - Peaches - Choice of Milk	<b>26</b> - Glazed Baked Ham - Green Beans Sweet Potato Casserole Biscuit Fresh Fruit - Choice of Milk	<b>27</b> - Boneless BBQ Wings - Steak Fries Biscuit - Fresh Fruit - Choice of Milk	<b>28</b> - Cheese Pizza - Sweet Potato Fries - Garden Salad - Fresh Fruit - Choice of Milk
<b>29</b> - Meatball Sub - Steak Fries - Garden Salad - Mandarin Oranges - Choice of Milk	<b>30</b> - Cheeseburger Hot Dog - Cole Slaw Corn on the Cob - Fruit Salad Strawberry Short Cake - Choice of Milk	<b>31</b> - Taco Salad - Black Beans & Rice Salsa Cheese - Fresh Fruit Choice of Milk				