

July

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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Richmond Kitchen
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Jasmine Curtis
Kitchen Manager, Berryville
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Lucinda Windham, RD, GM
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Sunday July 31st	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Taco Salad - Salsa Cheese Rice & Beans - Fresh Fruit - Choice of Milk					1 - Pork Chops - - Mashed Potatoes w/Gravy Green Beans Roll Watermelon - Choice of Milk	2 - Chicken Nuggets - - Waffle Fries Peas Buttery Noodles - Fresh Fruit - Choice of Milk
3 - Ham & Cheddar Melt - Corn Garden Salad Applesauce - - - Choice of Milk	4 - Cheeseburger Hotdog - Corn on the Cob Potato Salad - Fruit Salad - - Choice of Milk	5 - Corn Dog - Chili Cheese French Fries Corn Fresh Fruit - - Choice of Milk	6 - Carnitas Salsa Cheese Shredded Lettuce Black Beans Brown Rice Sour Cream Fresh Fruit - - Choice of Milk	7 - Loaded Mac & Cheese Bacon Bits Diced Ham Diced Chicken Tenders Jalepeno Slices - Broccoli Corn Bread Choice of Milk	8 - Fish Tacos - Salsa Cheese Corn Spanish Rice Cilantro Lime Cole Slaw Fresh Fruit Choice of Milk	9 - Italian Sausage Sub - Peppers & Onions Peas - Fresh Fruit Strawberry Shortcake Cookie Choice of Milk
10 - Chicken Patty Sandwich - French Fries Broccoli - - Peaches - Choice of Milk	11 - Steak Fajitas - Brown Rice Corn Black Beans Cheese Salsa Fresh Fruit - - Choice of Milk	12 - Chicken Parmesan - Noodles Broccoli - - Fresh Fruit - - Choice of Milk	13 - Hot Dog - Potato Wedges Baked Beans - - Grapes Oreo Dump Cake - Choice of Milk	14 - Shephard's Pie - - Green Beans Roll - Applesauce - - Choice of Milk	15 - Pork Tenderloin - - Baked Sweet Potato Butter Sour Cream Whole Wheat Roll Pears - Choice of Milk	16 - General Tso's Chicken - - Lo Mein Broccoli - - Fresh Fruit - Choice of Milk
17 - Korean BBQ Chicken - Asian Veggies Waffle Fries Brown Rice Sliced Pears - - Choice of Milk	18 - Loaded Hot Dog Chili Cheese Onions Sauerkraut Sweet Peppers Potato Wedges Succotash Applesauce - Choice of Milk	19 - Spaghetti & Meat Sauce - - Italian Veggies - Garlic Roasted Broccoli Applesauce - Choice of Milk	20 - Grilled Chicken BLT - Cucumber & Tomato Salad - Potato Salad - Peaches - Choice of Milk	21 - Chicken Caesar Salad or Wrap - - Sweet Potato Fries - Fresh Fruit Peach Dump Cake - Choice of Milk	22 - Bonless BBQ Wings - - Steak Fries Biscuit - Fresh Fruit - - Choice of Milk	23 - Cheese Pizza - - Garden Salad - Corn - Fresh Fruit - Choice of Milk
24 - Meatball Sub - - Steak Fries - Garden Salad - - Mandarin Oranges - Choice of Milk	25 - BBQ Pulled Pork on a roll - Potato Salad Corn on the Cob - - Peaches - Choice of Milk	26 - Shrimp Tacos - - Cheese Salsa Coleslaw Street Corn Salad Fresh Fruit Churro - Choice of Milk	27 - Cheeseburger - - Steak Fries Corn - - Fresh Fruit - Choice of Milk	28 - Chef's Salad - - Penne w/ Olive Oil - - Fresh Fruit Pear Crumble - Choice of Milk	29 - Roast Turkey - - Mashed Potatoes w/ Gravy Green Beans Roll - Fresh Fruit - Choice of Milk	30 - Jerk Chicken - - Brown Rice Steamed Cabbage Potato Salad Peaches - Fresh Fruit - Choice of Milk