

July

2022



Metz
CULINARY MANAGEMENT

Lunch, 500 Calorie

Lunch:
The 500 calorie meals are planned to be as close to 500 calories as possible, however, the nutritional content will vary slightly from day to day.

Beverages:
All meals have 1 cup of fat free milk factored into the calorie count. If milk is not the desired beverage water, unsweetened tea, or other zero calorie beverages are recommended.

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

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Sunday July 31st	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taco Salad - Black Beans & Rice - Grapes - Choice of Milk					1 - Cobb Salad w/ Chicken Bacon & Egg - - - Watermelon - Choice of Milk	2 - BBQ Chicken Breast - - Potato Wedges Peas - Fresh Fruit - Choice of Milk
3 - Chef's Salad - - - - Fresh Fruit - Choice of Milk	4 - Hamburger or Hotdog (no buns) - - Corn on the Cob Potato Salad Fruit Salad - Choice of Milk	5 - Turkey Burger on Lettuce Wrap - - Collard Greens - Grapes - Choice of Milk	6 - Carnitas Salad - - Salsa Cheese Brown Rice Fresh Fruit - Choice of Milk	7 - Sautéed Beef - - Brown Rice Garden Salad - Fresh Fruit - Choice of Milk	8 - Fish Tacos - - - Coleslaw Salsa Fresh Fruit - Choice of Milk	9 - Italian Sausage no bun - - Peppers & Onions - Fresh Fruit - Choice of Milk
10 - Balsamic Glazed Chicken Breast - - Broccoli Peaches - - Choice of Milk	11 - Steak Fajitas - Corn Black Beans Salsa - Fresh Fruit - Choice of Milk	12 - Southwest Chicken Salad - - - Fresh Fruit - Choice of Milk	13 - Hot Dog (no bun) - - - Succotash Carrot Sticks Grapes - Choice of Milk	14 - Shepherd's Pie - - Green Beans Applesauce - - Choice of Milk	15 - Pork Tenderloin - - Baked Sweet Potato Butter - Peaches - Choice of Milk	16 - Honey Garlic Chicken Breast - - Broccoli Corn Fresh Fruit - Choice of Milk
17 - Korean BBQ Chicken - - Asian Veggies Brown Rice Pears - Choice of Milk	18 - Hot Dog (no bun) - - Collard Greens - Sliced Pears - Choice of Milk	19 - Meatballs - Marinara Sauce Italian Veggies Garlic Roasted Broccoli Fresh Fruit - Choice of Milk	20 - Grilled Chicken BLT Wrap - - Cucumber & Tomato Salad Fresh Fruit - Choice of Milk	21 - Grilled Chicken Caesar Salad - - - Fresh Fruit - Choice of Milk	22 - BBQ Chicken Breast - - Broccoli Steak Fries - Fresh Fruit - Choice of Milk	23 - Cheese Pizza - - Garden Salad - Fresh Fruit - Choice of Milk
24 - Meatballs - - Marinara Sauce Fresh Fruit - - Choice of Milk	25 - BBQ Pulled Pork (no Bun) - - Potato Salad Corn on the Cob Fresh Fruit - Choice of Milk	26 - Shrimp Tacos - - Cole Slaw Rice - Fresh Fruit - Choice of Milk	27 - Cheeseburger on lettuce wrap - - - Corn - Fresh Fruit - Choice of Milk	28 - Chef's Salad - - - - Fresh Fruit - Choice of Milk	29 - Roast Turkey - - Mashed Potatoes w/ Gravy Green Beans Pears - Choice of Milk	30 - Jerk Chicken - - Potato Salad Cabbage - Fresh Fruit - Choice of Milk