

May

2023



**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**  
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540-597-6336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> - Korean Beef & Rice Bowl - Green Beans - Applesauce - Choice of Milk	<b>2</b> - Chicken Parmesan - Noodles Garlic Roasted Broccoli - Fresh Fruit Butter Cookie - Choice of Milk	<b>3</b> - Taco Casserole - Fire Roasted Corn and Peppers White Rice Garden Salad - Fresh Fruit - Choice of Milk	<b>4</b> - Meatball Sub - Steak Fries Garden Salad Mandarin Oranges - - Choice of Milk	<b>5</b> - Southern Dip - Fried Chicken Sandwich Country Gravy Corn on the Cob Collard Greens Fresh Fruit - Choice of Milk	<b>6</b> - General Tso's Chicken - White Rice Broccoli - Fresh Fruit - Choice of Milk
<b>7</b> - Pepperoni Pizza - Caesar Salad - Fresh Fruit - Choice of Milk	<b>8</b> - Chicken Noodle Soup - Zucchini Fries Whole Wheat Roll - Mandarin Oranges - Choice of Milk	<b>9</b> - BBQ Chicken Burrito Bowl - Rice Beans Corn Shredded Cheese Scallions Fresh Fruit Choice of Milk	<b>10</b> - Gyro Sandwich or Salad - Pita Greek Salad - Applesauce - Choice of Milk	<b>11</b> - Chicken Cheddar Ranch Sub - Broccoli Salad - Pears Carrot Cake - Choice of Milk	<b>12</b> - Shephard's Pie - Garlic Lemon Green Beans - Fresh Fruit - Choice of Milk	<b>13</b> - Hot Dog - Baked Beans French Fries - Applesauce - Choice of Milk
<b>14</b> - Ravioli w/ Marinara Sauce - Italian Veggies Garlic Bread - Applesauce - Choice of Milk	<b>15</b> - Chili - Loaded Baked Potato w/ Sour Cream Shredded Cheese Bacon Bits Chives Fresh Fruit Choice of Milk	<b>16</b> - Italian Sausage Platter or on Roll - Peppers & Onions Mashed Potatoes w/ Gravy - Fresh Fruit - Choice of Milk	<b>17</b> - Fried Chicken - Biscuit Succotash - Warm Spiced Apples - Choice of Milk	<b>18</b> - Taco Salad Salsa Shredded Cheese Rice & Beans Fresh Fruit Chives Fresh Fruit - Choice of Milk	<b>19</b> - Cheeseburger - Parmesan Roasted Broccoli - Tater Tots Fresh Fruit - Choice of Milk	<b>20</b> - Jerk Chicken - Collard Greens White Rice - Pineapple Carmalized Bananas - Choice of Milk
<b>21</b> - Chicken Salad Scoop or Sandwich - Dorritos Garden Salad - Pears - Choice of Milk	<b>22</b> - Mac & cheese w/ Bacon Bits - Peas Applesauce - Chocolate Brownie Cookie - Choice of Milk	<b>23</b> - Lasagna - Italian Veggies Garlic Bread - Applesauce - Choice of Milk	<b>24</b> - Deconstructed Egg Roll Bowl - Rice Sweet & Sour Cauliflower - Fresh Fruit - Choice of Milk	<b>25</b> - Chicken Pot Pie - Green Beans Sweet Potato Fries - Fresh Fruit - Choice of Milk	<b>26</b> - French Dip - Roasted Root Veggies Broccoli - Fresh Fruit - Choice of Milk	<b>27</b> - Grilled Chicken BLT - Potato Salad - Pineapple - Choice of Milk
<b>28</b> - Boneless Wings w/ BBQ Sauce - Peas & Carrots Biscuit - Choice of Milk	<b>29</b> - Hamburger Hot Dog - Balsamic Pasta Salad Corn on the Cob - Fresh Fruit - Choice of Milk	<b>30</b> - Chicken Patty Sandwich - Corn & Green Bean Casserole - Peaches - Choice of Milk	<b>31</b> - Glazed Ham - Scalloped Potatoes Green Beans - Applesauce - Choice of Milk			