

May

2023



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

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-
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-

7

Pepperoni Pizza
-
Garden Salad
-
Fresh Fruit
-
Choice of Milk
-

14

Turkey Burger on Lettuce Wrap
-
Country Style Veggies
Carrots
-
Choice of Milk
-

21

Chicken Salad
Scoop
-
Carrot Sticks w/ Ranch
Pears
-
Choice of Milk
-

28

BBQ Chicken Breast
-
Peas
-
Fresh Fruit
-
Choice of Milk
-

Monday

1
Korean Beef & Rice Bowl
-
Green Beans
-
Applesauce
-
Choice of Milk
-

8

Chicken Noodle Soup
-
Zucchini Fries
-
Fresh Fruit
-
Choice of Milk
-

15

Chili w/ all the Fixins'
-
Shredded Cheese
Sour Cream
Chives
Fresh Fruit
-
Choice of Milk
-

22

Sauteed Beef & Rice
-
-
Garden Salad
-
-
Choice of Milk
-

29

Hamburger Hotdog
-
-
Corn on the Cob
-
-
Choice of Milk
-

Tuesday

2
Southwest Salad w/ Grilled Chicken
-
-
Fresh Fruit
-
Choice of Milk
-

9

BBQ Chicken Burrito Bowl
-
Rice
Beans
Corn
Scallions
-
Choice of Milk
-

16

Italian Sausage (no bun)
-
Peppers & Onions
-
Fresh Fruit
-
Choice of Milk
-

23

Lasagna
-
Italian Veggies
-
Applesauce
-
Choice of Milk
-

30

Balsamic Glazed Chicken Breast
-
Green Beans
-
Peaches
-
Choice of Milk
-

Wednesday

3
Taco Casserole
-
Garden Salad
-
Fresh Fruit
-
Choice of Milk
-

10

Gyro Salad
-
-
Applesauce
-
Choice of Milk
-

17

Rosemary Roast Chicken Breast
-
Lemony Green Beans & Peas
Corn
Applesauce
-
Choice of Milk
-

24

Deconstructed Egg Roll Bowl
-
Roast Cauliflower
Rice
-
Choice of Milk
-

31

Glazed Ham
-
Scallped Potatoes
-
Green Beans
-
Choice of Milk
-

Thursday

4
Italian Meatballs
-
Marinara Sauce
-
Fresh Fruit
-
Choice of Milk
-

11

Chicken Cheddar Ranch Sub
-
-
Broccoli Salad
-
Choice of Milk
-

18

Taco Salad
-
Black Beans & Rice
-
Grapes
-
Choice of Milk
-

25

Chicken Pot Pie
-
-
Green Beans
Fresh Fruit
-
Choice of Milk
-

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Friday

5
Roast Chicken Breast w/ Gravy
-
Corn on the Cob
Southern Collards
Peaches
-
Choice of Milk
-

12

Shephard's Pie
-
Garlic Lemon Green Beans
-
Fresh Fruit
-
Choice of Milk
-

19

Cheeseburger on lettuce wrap
-
Parmesan Roasted Broccoli
-
Fresh Fruit
-
Choice of Milk
-

26

French Dip
-
Broccoli
-
Fresh Fruit
-
Choice of Milk
-

-

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-
-
-
-
-

Saturday

6
Honey Garlic Chicken
-
Broccoli
Corn
-
Fresh Fruit
-
Choice of Milk
-

13

Hot Dog (no bun)
-
Baked Beans
-
Applesauce
-
Choice of Milk
-

20

Jerk Chicken
-
Brown Rice
Collard Greens
-
Fresh Fruit
-
Choice of Milk
-

27

1/2 Grilled Chicken BLT
-
Tomato Cucumber Salad
-
Fresh Fruit
-
Choice of Milk
-

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