# May 2025

# **SHIRLEY TWP MAY 2025** ELEMENTARY LUNCH MENU

# Metz

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must

accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread Choice of Milk - 1% white, and fat-free

Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and

chocolate

spring salad

Red/Orange - carrots, sweet potatoes,

tomatoes, red peppers

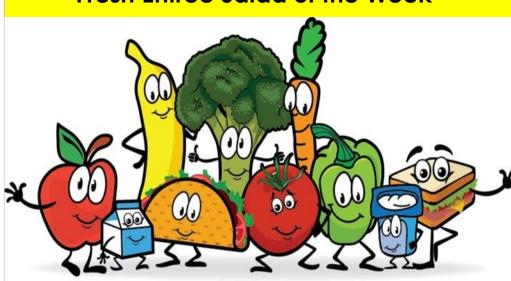
Beans/Peas **Starchy** - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME! DAILY ALTERNATES.

Fresh Entree Salad of the Week



Craveable of the Week, which could include:

Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and Super Fruit.

#### **Nutritious Friends**

Look for our Nutritious Friend of the Month on the menu!! This Month.....

## All Student Lunches are Free

All alacarte and 2nd lunches are regular price Adult Lunch 4.75

Tina Werner, Food Service Director 814-542-2518 #126 ma1037@metzcorp.com USDA is an equal opportunity provider and employer.

#### Monday

Pizza Casserole

with a Garlicstick

Corn Dog

Featured Veggies:

**Grean Beans** 

**Tomato Wedges** 

Choice of Fruit

Choice of Milk

Mac & Cheese

with a Garlicstick

Meatball Sub

on a roll

Featured Veggies:

Steamed Green Beans

Celery Sicks

Choice of Fruit

Choice of Milk

Chicken Nuggets

w/ Roll

**BBQ** Rib

on a roll

**Featured Veggies:** 

**Scalloped Potatoes** 

**Red Pepper Strips** 

Choice of Fruit

Choice of Milk

## **Tuesday**



6

Turkey Club

Pulled Pork

on a roll

**Featured Veggies:** 

Chicken Noodle Soup

Red Pepper Strips

Choice of Fruit

Choice of Milk

13

Toasted

Cheese Sandwich

Hot dog

On a roll

Featured Veggies:

**Tomato Soup** 

Carrots

Choice of Fruit

Choice of Milk

20

Walking Taco

Turkey Ranch Wrap

Featured Veggies:

Refried Beans

**Cherry Tomatoes** 

Choice of Fruit

Choice of Milk

## Wednesday

Chicken Mash Potato Bowl

with a Dinner Roll

Sloppy Joe

on a Bun

**Featured Veggies:** 

**Mashed Potatoes** 

Steamed Corn

Choice of Fruit

Choice of Milk

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Chicken Alfredio

w/ Garlicstick

Turkey Hoagie

Featured Veggies:

**Steamed Peas** 

**Tomato Wedges** 

Choice of Fruit

Choice of Milk

### **Thursday**

Chicken & Cheese Quesadilla

**Beef Taco** Featured Veggies:

**Tater Tots Cucumber Slices** Choice of Fruit Choice of Milk

**BBQ** Rib

Turkey & Cheese

Melt

**Featured Veggies:** 

Steamed Broccoli

Chick Pea Salad

Choice of Fruit

Choice of Milk

## Pizza Friday!

Pepperoni Pizza

**Buffalo Chicken Flatbread** 

#### Featured Veggies:

Side Salad **Steamed Carrots** Choice of Fruit Choice of Milk

Spring Picnic Baked Chicken

Cheeseburger or Hot Dog Pasta Salad

**Scalloped Potatoes** 

Fresh Veggies

Choice of Fruit Choice of Milk

Dessert

15

Chicken Patty on a roll

Corn Dog

Featured Veggies:

Curly Fries **Tossed Salad** Choice of Fruit Choice of Milk

**22** 

Stromboli

Italian Dunkers

16 Pepperoni Pizza

Nachos Grande

#### Featured Veggies:

Steamed Corn Fresh Broccoli Choice of Fruit

Choice of Milk

Cheese Pizza

Fish Nuggets

Cheesy Broccoli Choice of Fruit

28 Chicken Patty

Buffalo Chicken Flatbread

Steamed Corn Carrot Sicks Choice of Fruit

21 Chicken & Waffles

**Cowboy Burger** on a bun

Featured Veggies:

**Mashed Potatoes** Steamed Corn Choice of Fruit Choice of Milk

Featured Veggies: Curly Fries

**Baby Carrots** Choice of Fruit Choice of Milk

w/ Dinner Roll

**Featured Veggies:** 

Cucumber Slices Choice of Milk



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Bacon Cheeseburger on a Bun

Corn Dog Featured Veggies: Tater Tots Fresh Broccoli Choice of Fruit

Choice of Milk

Featured Veggies:

Choice of Milk

