





# Metz

CULINARY MANAGEMENT

**LUNCH**  
NOVEMBER 2024



St. Coletta of Greater Washington  
St. Coletta Special Education Public Charter School

Monday 10/28/24	Tuesday 10/29/24	Wednesday 10/30/24	Thursday 10/31/24	Friday 11/1/24	
				Chicken Fajita	
				Cheesesteak Quesadilla	
				Mexican Street Corn	
				Black Beans	
				Cilantro Lime Rice	
<b>11/4/24</b>	<b>11/5/24</b>	<b>11/6/24</b>	<b>11/7/24</b>	<b>11/8/24</b>	
Salisbury Steak	<b>NO SCHOOL</b>	Pizza (Cheese or Meat)	Sloppy Joe	Chicken Taquitos	
Grilled Chicken Breast		Broccoli	Fish Nuggets	Pepper Steak	
Yukon Gold Mashed Potatoes		<b>Soup and Sandwich Wednesday</b>	Seasoned Fries 🌿🌿	Yellow Rice	
Green Peas/Glazed Carrots		<b>ELECTION DAY</b>	Beef Stew	Hush Puppies/ Cole Slaw	Plantains
Dinner Roll		<b>ELECTION DAY</b>	Grilled Cheese	Steamed Green Beans	Squash
<b>11/11/24</b>	<b>11/12/24</b>	<b>11/13/24</b>	<b>11/14/24</b>	<b>11/15/24</b>	
<b>NO SCHOOL</b>	<b>PASTA BAR</b>	Pizza (Cheese or Meat)	Steak and Cheese	Honey Glazed Chicken	
	Marinara Meatballs or Alfredo Sauce	Broccoli	Chicken Pot Pie	Turkey Italian Flatbread Sandwich	
	Spaghetti	<b>Soup and Sandwich Wednesday</b>	Oven Baked Fries	Yukon Gold Mashed Potatoes	
	Ham and Cheese Flatbread	Chicken Noodle Soup	Baby Lima Beans	Roasted Squash	
	Green Beans / Cheesy Garlic Bread	Grilled Cheese	Glazed Carrots	Cabbage Medley 🌿🌿	
<b>11/18/24</b>	<b>11/19/24</b>	<b>11/20/24</b>	<b>11/21/24</b>	<b>11/22/24</b>	
Beef Ravioli	Grilled Orange Chicken	Pizza (Cheese or Meat)	<b>THANKSGIVING CELEBRATION</b>	Beef Lasagna Bake	
Chicken Fajita Sandwich	Boneless Pork Rib Sandwich	Broccoli	Roast Turkey or Glazed Ham	Super Chicken Subs w/ Cheese	
Steamed Zucchini	Rice Pilaf	<b>Soup and Sandwich Wednesday</b>	Mac and Cheese	Roasted Yellow Squash	
Glazed Carrots	Vegetarian Baked Beans	Hearty Beef Vegetable Chili	Green Beans	Peas	
House Made Garlic Bread	Green Beans	Grilled Cheese	Banana Pudding/ Cranberry Sauce	Dinner Roll	
<b>11/25/24</b>	<b>11/26/24</b>	<b>11/27/24</b>	<b>11/28/24</b>	<b>11/29/24</b>	
Grilled Chicken Alfredo	Sweet and Sour Chicken	<b>NO SCHOOL</b>		<b>NO SCHOOL</b>	
Beef BBQ Sandwich	Ultimate Veggie Wrap				
Squash and Apple Bake	Rice Pilaf				
Broccoli	Broccoli				
Garlic Toast	Vegetable Egg Roll				
<b>All Meals Include: Fresh Fruit, Apple Sauce, Garden Salad, 1% Milk &amp; 2% Milk, Low Fat Yogurt</b>				<b>NUTRITIONAL INFO</b> 	
<b>Grain products are at least 50% whole grain</b>					
<b>Turkey Sandwich or Sun butter &amp; Jelly Sandwich can be a daily substitution</b>					