



Metz

CULINARY MANAGEMENT

LUNCH

JANUARY 2025



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------------------------|--------------------------------------|------------------------------|-----------------------------------|
| 12/30/24 | 12/31/24 | 1/1/25 | 1/2/25 | 1/3/25 |
| | | | Three Cheese Baked Ziti | Home-style Meatballs |
| | | | Roast Beef and Swiss Melt | Southwest Chicken Egg Roll |
| | | | Steamed Broccoli | Yukon Gold Mashed Potatoes |
| | | | Yellow Squash | Green Beans |
| | | | Texas Garlic Toast | Black Eye Peas |
| 1/6/24 | 1/7/24 | 1/8/24 | 1/9/24 | 1/10/24 |
| Teriyaki Chicken | Spaghetti | Pizza (Cheese or Meat) | Salisbury Steak | Chicken Taquito |
| Pepper Steak | Chicken Parmesan Sub | Broccoli | Chicken and Spinach Lasagna | Black Bean Nacho |
| Vegetable Lo Mein | Garlic Pasta Noodles | Soup and Sandwich Wednesday | Yukon Gold Mashed Potatoes | Yellow Rice |
| Broccoli Stir Fry | Roasted Zucchini / Glazed Beets | Chicken and Turkey Sausage Jambalaya | Cabbage Medley | Plantains |
| Spring Roll | Garlic Bread | Grilled Cheese | Steamed Green Beans | Peas |
| 1/13/24 | 1/14/24 | 1/15/24 | 1/16/24 | 1/17/24 |
| PASTA BAR | Beef Soft Taco | Pizza (Cheese or Meat) | Steak and Cheese | BBQ Chicken |
| Marinara Meatballs or Vegetable Alfredo | Turkey Nacho | Broccoli | Chicken Pot Pie | Turkey Italian Flatbread Sandwich |
| Spaghetti | Spanish Rice | Soup and Sandwich Wednesday | Oven Baked Fries | Yukon Gold Mashed Potatoes |
| Ham and Cheese Flatbread | Pinto Bean | White Chicken Chili w/ Corn | Butternut Squash | Roasted Squash |
| Green Beans / Cheesy Garlic Bread | Vegetable Blend | Grilled Cheese | Glazed Carrots | Cabbage Medley |
| 1/20/24 | 1/21/24 | 1/22/24 | 1/23/24 | 1/24/24 |
| NO SCHOOL | Fajita Chicken Bowl | Pizza (Cheese or Meat) | Roast Turkey | Sloppy Joes |
| | Tilapia | Broccoli | Pasta Primavera Bake | Spinach Ravioli |
| | Cilantro Lime Rice | Soup and Sandwich Wednesday | Yukon Gold Mashed Potatoes | Tator Tots |
| | Mexican Corn | Hearty Beef Vegetable Chili | Green Beans | Green Beans |
| | Black Beans | Grilled Cheese | Roasted Sweet Potatoes | Roasted Squash |
| 1/27/24 | 1/28/24 | 1/29/24 | 1/30/24 | 1/31/24 |
| Grilled Orange Chicken | BBQ Meatballs | Pizza (Cheese or Meat) | Cheeseburger / Veggie Burger | Roasted Chicken Wings |
| Turkey Blt Flatbread Sandwich | Pulled Pork Sandwich | Broccoli | Chicken Sheppard Pie | Pork Riblet |
| Squash and Apple Bake | Squash and Apple Bake | Soup and Sandwich Wednesday | Tator Tots | Vegetable Fried Rice |
| Broccoli | Broccoli | Chicken Noodle Soup | Green Beans | Green Beans/Baked Beans |
| Rice Pilaf | Cheddar Mashed Potatoes | Grilled Cheese | Brussel Sprouts | Carrot Salad |

All Meals Include: Fresh Fruit, Apple Sauce, Garden Salad, 1% Milk & 2% Milk, Low Fat Yogurt

Grain products are at least 50% whole grain

Turkey Sandwich or Sun butter & Jelly Sandwich can be a daily substitution

= VEGAN

= VEGETARIAN