October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Strawberries & Cream Smoothie Bowl with Graham Crackers	Chocolate Chip French Toast	Apple Strudel
		Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
6	7	8	9	10
Mini Cinni Rolls	Breakfast Pizza	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
13	14	15	16	17
Mini Blueberry Donut Holes	Breakfast Pizza	Egg & Cheese Croissant	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
20	21	22	23	24
Glazed Dunkin Sticks	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
27	28	29	30	31
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Maple Flatbread	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals May Include:

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit May Include:

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Your Team

Bob DuFour--Food Service Director

717-248-0148 ext. 2514

ma1134@metzcorp.com or rd02@mcsdk12.org

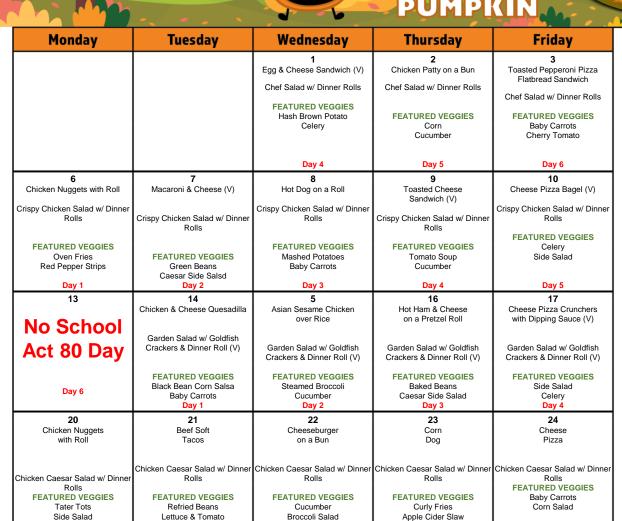
Meal Prices

Student Lunch \$1.50
Reduced Lunch \$.30
Breakfasts are Free the 2025-2026 School





October 2025



Your Team

Side Salad

27

Sloppy Joe

on Roll

Chef Salad w/ Dinner Rolls

FEATURED VEGGIES

Oven Fries

Chickpea Salad

Day 4

Bob DuFour--Food Service Director 717-248-0148 ext. 2514

ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices

Broccoli Salad

29

Cheesesteak

on a Roll

Chef Salad w/ Dinner Rolls

FEATURED VEGGIES

Tater Tots Ranchero Carrots

30

Chicken Alfredo with

Garlic Breadstick

Chef Salad w/ Dinner Rolls

FEATURED VEGGIES

Steamed Broccoli

Cucumber

Student Lunch \$3.10 Reduced Lunch \$.40



31

Fiestada

Pizza

Chef Salad w/ Dinner Rolls

FEATURED VEGGIES

Cherry Tomatoes

Celerv

What is a Meal?

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

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Daily Alternates May Include:

Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches & Wraps, Griller Line, and Pizza

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products



Lettuce & Tomato

28

Walking Taco

with Pretzel Stick

Chef Salad w/ Dinner Rolls

FEATURED VEGGIES

Mexicali Corn Tomato & Onion Salad