

Monday		Tuesday		Wednesday		Thursday		Friday		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 ½ 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, (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
3		4		5		6		7		
Spicy Chicken Patty Sandwich		Homemade Mac & Cheese (V)		Hot Ham & Cheese Pretzel Melt		Bacon Cheeseburger with J. Clarke's Grill Sauce		Italian Dunkers with Marinara (V)		
FEATURED VEGGIES Mixed Vegetables Garden Side Salad Day 3		FEATURED VEGGIES Steamed Broccoli Chickpea Salad Day 4		FEATURED VEGGIES Sweet Potato Fries Mandarin Side Salad Day 5		FEATURED VEGGIES Crinkle Cut Oven Fries Coleslaw Day 6		FEATURED VEGGIES Steamed Green Beans Caesar Side Salad Day 1		
10		11		12		13		14		
Crispy General Tso's Chicken over White Rice		No School Veterans Day!		Classic Toasted Cheese Sandwich (V)		Spaghetti w/ Meat Sauce & Breadstick		Popcorn Chicken Mashed Potato Bowl with Roll		
FEATURED VEGGIES Steamed Broccoli Cucumber Salad Day 2				FEATURED VEGGIES Tomato Soup Green Beans Day 3		FEATURED VEGGIES Side Salad Celery Sticks Day 4		FEATURED VEGGIES Steamed Corn Broccoli Salad Day 5		
17		18		19		20		21		
Italian Meatball & Cheese on Toasted Baguette		Grilled Chicken Lo Mein		Cowboy Burger		Holiday Meal Roast Turkey w/Gravy & Stuffing		Loaded Bacon Cheddar Pierogies with Dinner Roll		
FEATURED VEGGIES Green Beans Baby Carrots Day 6		FEATURED VEGGIES Chili Roasted Brussel Sprouts/ Spinach Salad Day 1		FEATURED VEGGIES Curly Fries Sliced Cucumbers Day 2		FEATURED VEGGIES Mashed Potatoes Corn Day 3		FEATURED VEGGIES Side Salad Chickpea Salad Day 4		
24		25		26		27		28		
Cheeseburger Tater Tot Bowl		Orange Chicken with White Rice		NO School Thanksgiving Break		NO School Thanksgiving Break		NO School Thanksgiving Break		
FEATURED VEGGIES Peas Baby Carrots Day 5		FEATURED VEGGIES Broccoli Caesar Side Salad Day 6								
Alternatives Week 1: Grilled Chicken Wrap Week 2: Deli Turkey Week 3: Pulled Pork Week 4: Chicken Patty										
Your Team										
Bob DuFour--Food Service Director										
717-248-0148 ext. 2514										
ma1134@metzcorp.com or										
rd02@mcsdk12.org										
Meal Prices										
Student Lunch \$3.10										
Reduced Lunch \$.40										
										

