

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!		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 Baby Carrots 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 \$4.00			

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

