November 2025



Meet Your Nutritious Friend: Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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
10	11	12	13	14
Mini Maple Pancakes	No School Veterans Day	Egg and Cheese Croissant	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Muffin		Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
17	18	19	20	21
Mini Cinni Rolls	Breakfast Pizza	Strawberries & Cream Smoothie Bowl	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
24	25	26	27	28
Mini Blueberry Donut Holes	Breakfast Pizza	NO School Thanksgiving Break	NO School Thanksgiving Break	NO School Thanksgiving Break
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin			

What is a Meal?

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

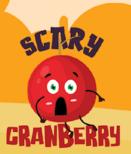
Student Breakfast \$1.50
Reduced Breakfast \$.30
Breakfasts are Free the 2025-2026
School Year





November 2025





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Monday	Tuesday	Wednesday	Thursday	Friday	Γ
3	4	5	6	7	١
Cheeseburger on a Bun	Nachos Grande	French Toast Sticks with Sausage Patties	Spaghetti w/Meat Sauce & Breadstick	Cheese Pizza (V)	3
Soft Pretzel Craveable (V)	p				
Garden Salad with Goldfish Crackers & Dinner Roll (V)	- - -				
FEATURED VEGGIES Steamed Broccoli Baby Carrots (Day 3)	FEATURED VEGGIES Lettuce & Tomato Corn (Day 4)	FEATURED VEGGIES Tri Patty Taters Cucumber (Day 5)	FEATURED VEGGIES Side Salad Celery Sticks (Day 6)	FEATURED VEGGIES Steamed Green Beans Baby Carrots (Day 1)	-
10	11	12	13	14	7
Popcorn Chicken with Roll		Pancakes & Sausage	Chicken Patty on a Bun	Toasted Pepperoni Pizza Flatbread Sandwich	a f
Breadstick Dipper Craveable (V)	No School	Breadstick Dipper Craveable (V)	Breadstick Dipper Craveable (V)	Breadstick Dipper Craveable (V)	l
Chef Salad with Dinner Roll	Veterans Day	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	II H
FEATURED VEGGIES Mashed Potatoes Corn (Day 2)		FEATURED VEGGIES Hash Brown Potato Celery Sticks (Day 3)	FEATURED VEGGIES Corn Cucumber (Day 4)	FEATURED VEGGIES Baby Carrots Cherry Tomatoes (Day 5)	S
4-	40	40		04	(
17	18	19	20	21	5
Chicken Nuggets with Roll	Spaghetti w/Meat Sauce & Breadstick	Holiday Meal Roast Turkey w/ Gravy & Stuffing	Toasted Cheese Sandwich (V)	Cheese Pizza Bagel (V)	
Yogurt Craveable (V)	Ĺ				
Turkey & Cheese Wrap	ı				
FEATURED VEGGIES Oven Fries	FEATURED VEGGIES Side Salad	FEATURED VEGGIES Mashed Potatoes / Corn	FEATURED VEGGIES Tomato Soup	FEATURED VEGGIES Celery Sticks	٧
Red Pepper Strips (Day 6)	Carrots (Day 1)	Corn (Day 2)	Cucumber (Day 3)	Side Salad (Day 4)	5
24	25	26	27	28	1
Turkey & Cheese Melt on Croissant	Chicken & Cheese Quesadilla	NO School	NO School	NO School	F
Walking Taco Craveable	Walking Taco Craveable	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	۷
Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)				(V Th or eg
FEATURED VEGGIES Mashed Potatoes Corn (Day 5)	FEATURED VEGGIES Black Bean & Corn Salad				(V Th

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 uice

Choice of Milk May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week

Craveables

Veekly Cold Cut Sandwiches &

Vraps) Vegetarian nese items do not contain meat, poultry,

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

(G) Vegan

These items do not contain any animal



ma1134@metzcorp.com or rd02@mcsdk12.org Reduced Lunch \$.40

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

Meal Prices

Student Lunch \$2.95

Baby Carrots (Day 6)

Your Team

Bob DuFour--Food Service Director

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