



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
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Meal Prices

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





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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheeseburger on a Bun	Nachos Grande	French Toast Sticks with Sausage Patties	Spaghetti w/Meat Sauce & Breadstick	Cheese Pizza (V)
Soft Pretzel Craveable (V)	Soft Pretzel Craveable (V)	Soft Pretzel Craveable (V)	Soft Pretzel Craveable (V)	Soft Pretzel Craveable (V)
Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	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
Popcorn Chicken with Roll	No School Veterans Day	Pancakes & Sausage	Chicken Patty on a Bun	Toasted Pepperoni Pizza Flatbread Sandwich
Breadstick Dipper Craveable (V)		Breadstick Dipper Craveable (V)	Breadstick Dipper Craveable (V)	Breadstick Dipper Craveable (V)
Chef Salad with Dinner Roll		Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll
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)
17	18	19	20	21
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)	Yogurt Craveable (V)	Yogurt Craveable (V)	Yogurt Craveable (V)	Yogurt Craveable (V)
Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap
FEATURED VEGGIES Oven Fries Red Pepper Strips (Day 6)	FEATURED VEGGIES Side Salad Carrots (Day 1)	FEATURED VEGGIES Mashed Potatoes / Corn Corn (Day 2)	FEATURED VEGGIES Tomato Soup Cucumber (Day 3)	FEATURED VEGGIES Celery Sticks Side Salad (Day 4)
24	25	26	27	28
Turkey & Cheese Melt on Croissant	Chicken & Cheese Quesadilla	NO School Thanksgiving Break 	NO School Thanksgiving Break 	NO School Thanksgiving Break 
Walking Taco Craveable	Walking Taco Craveable			
Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)			
FEATURED VEGGIES Mashed Potatoes Corn (Day 5)	FEATURED VEGGIES Black Bean & Corn Salad Baby Carrots (Day 6)			
Your Team Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org		Meal Prices Student Lunch \$2.95 Reduced Lunch \$.40		

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

Alternatives May Include:

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps
(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

