

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, Salad Bar, Griller Line, or Pizza Station (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
		1 Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Celery Sticks	2 Chicken Patty Sandwich FEATURED VEGGIES Side Caesar Baby Carrots	3 Chicken Potato Bowl FEATURED VEGGIES Broccoli Salad Corn	
Day 4Day 5Day 6					
<u>Alternative: Deli Turkey Sandwich</u>					
5 Italian Meatball & Cheese on Roll FEATURED VEGGIES Green Beans Baby Carrots	6 Pepper Steak over Lo Mein Noodles FEATURED VEGGIES Chili Roasted Brussel Sprouts/ Spinach Salad	7 Cowboy Burger FEATURED VEGGIES Curly Fries Cucumber	8 Philly Cheesesteak FEATURED VEGGIES Fries Cherry Tomatoes	9 Bacon Cheddar Pierogies FEATURED VEGGIES Chick Pea Salad Side Salad	
Day 1Day 2Day 3Day 4Day 5					
<u>Alternative: Deli Chicken Patty</u>					
13 No School Act 80 Day	14 Orange Chicken w/ Rice FEATURED VEGGIES Side Caesar Salad Baby Carrots	15 Corn Dog FEATURED VEGGIES BBQ Baked Beans California Mixed Veg	16 Turkey & Provolone Super Sub FEATURED VEGGIES Curly Fries Mozz Salad	17 Buffalo Chicken Dip W/ Chips FEATURED VEGGIES Lemon & Parm Broccoli Baby Carrots	
Day 6Day 1Day 2Day 3Day 4					
<u>Alternative: Hamburger</u>					
20 Chicken Tenders with Seasoned Rice FEATURED VEGGIES Side Salad California Mixed Veg	21 Nachos Grande (Beef Nachos) FEATURED VEGGIES Refried Bean Dip Lettuce & Tomato	22 Hawaiian Pork Ciabatta Sandwich FEATURED VEGGIES Sweet Potato Fries Baby Carrots	23 Hot Ham & Cheese On Pretzel Roll FEATURED VEGGIES Hash Browns Cucumber	24 Pizza Crunchers FEATURED VEGGIES Side Caesar Salad Roasted Zucchini w/ Garlic	
Day 5Day 6Day 1Day 2Day 3					
<u>Alternative: Deli Turkey Sandwich</u>					
27 Chicken Nuggets w/ Buttered Noodles FEATURED VEGGIES Broccoli Salad Baby Carrots	28 Beef Soft Tacos FEATURED VEGGIES Corn Lettuce & Tomato	29 Creamy Chicken Alfredo (Penne) w/ Garlic Toast FEATURED VEGGIES Steamed Broccoli Chick Pea Salad	30 Buffalo Chicken Flatbread FEATURED VEGGIES Green Peas Tomato & Mozz Salad	31 Crispy Fish Sandwich FEATURED VEGGIES Tots Apple Cider Slaw	
Day 4Day 5Day 6Day 1Day 2					
<u>Alternative: Spicy Chicken Patty</u>					
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		
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

