

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: Assorted Salads, Sandwiches or Pizza (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>
1	2	3	4	5	
No School	Beef or Chicken Nachos Grande	Fiesta Pizza	Sausage, Egg & Cheese on a Bagel	Super Sub Turley & Cheese	
	FEATURED VEGGIES Ranch Refried Bean Dip Lettuce & Tomato	FEATURED VEGGIES Roasted Garlic Zucchini Side Caesar Salad	FEATURED VEGGIES Tri Hash Brown Baked Beans	FEATURED VEGGIES Oven Fries Baby Carrots	
	Day 1	Day 2	Day 3	Day 4	
8	9	10	11	12	
Chicken Nuggets with Buttered Noodles	Soft Tacos	Spaghetti w/ Meat Sauce Garlic Toast	Christmas Holiday Meal <i>Roasted Pork Loin</i>	Baja Fish Sandwich on Whole Grain Bun	
FEATURED VEGGIES Baby Carrots Baked Beans Day 5	FEATURED VEGGIES Steamed Golden Corn Lettuce & Tomato Day 6	FEATURED VEGGIES Side Salad Peas Day 1	<i>Mashed Potatoes, Gravy, Stuffing Green Beans & Roll Day 2</i>	FEATURED VEGGIES Roasted BBQ Cauliflower Celery & Peanut Butter Day 3	
15	16	17	18	19	
Chef's Choice Day 4	Chef's Choice Day 5	Chef's Choice Day 6	Chef's Choice Day 1	Chef's Choice Day 2	
22	23	24	25	26	
		Merry Christmas!! <i>No School 12/22/25 - 1/2/26</i>			
29	30	31	1	2	
Alternatives Week 1: Chicken Patty Week 2: Grilled Chicken Week 3: Chef's Choice					
Happy New Year!!					
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 \$4.40					
					
					

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

