

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No School	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
8	9	10	11	12
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Sandwich	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin	Assorted Cereals w/ Muffin
15	16	17	18	19
Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
22	23	24	25	26
		Merry Christmas!! <i>No School</i> 12/22/25 - 1/2/26		
29	30	31	1	2
		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 Breakfast \$1.50 Reduced Lunch \$.40		

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 1/4 cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

(V) Vegetarian

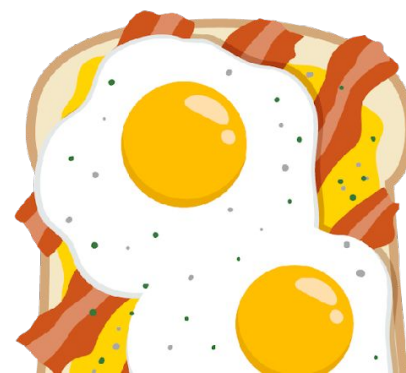
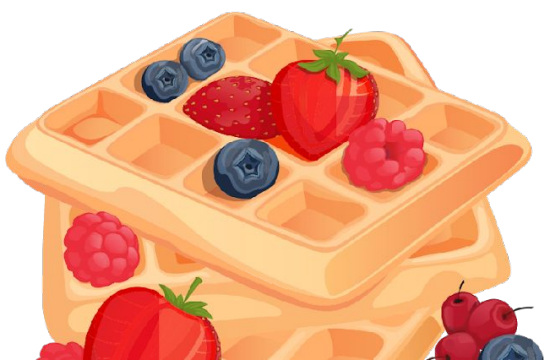
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products



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



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 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 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps (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	Fresh Dough Classic Cheese Stromboli Roll. with Marinara	Sausage, Egg & Cheese on a Bagel	Turkey & Cheese Super Sub	
	FEATURED VEGGIES Ranch Refried Bean Dip Lettuce & Tomato Day 1	FEATURED VEGGIES Roasted Garlic Zucchini Side Caesar Salad Day 2	FEATURED VEGGIES Tri Hash Brown Baked Beans Day 3	FEATURED VEGGIES Oven Fries Baby Carrots Day 4	
8	9	10	11	12	
Chicken Nuggets with Buttered Noodles	Soft Tacos	Spaghetti w/ Meat Sauce Garlic Toast	Christmas Holiday Meal Roasted Pork Loin	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	Mashed Potatoes, Gravy, Stuffing Green Beans & Roll Day 2	FEATURED VEGGIES Roasted BBQ Cauliflower Celery & Peanut Butter Day 3	
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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	
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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			 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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