



Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable May Include:</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk May Include:</p> <p>White, Chocolate, or Strawberry</p> <p>Daily Alternates May Include:</p> <p>Assorted Salads, Sandwiches or Pizza</p>
29	30	31	1	2	
Alternative: Week 1: Deli Ham Week 2: Deli Turkey Week 3: Chicken Patty Week 4: Hamburger					
5	6	7	8	9	
Buffalo Chicken Dip with Tortilla Chips	Orange Chicken with Rice	Grilled Cheese	Classic Italian Super Sub	Cheeseburger Tator Tot Bowl	
FEATURED VEGGIES Green Beans Baby Carrots	FEATURED VEGGIES Steamed Broccoli Cucumber	FEATURED VEGGIES Tomato Soup Steamed Mixed Veggies	FEATURED VEGGIES Fries Tomato Mozzarella Salad	FEATURED VEGGIES Tator Tots Corn	
12	13	14	15	16	
Sausage Breakfast Sandwich	Chicken Nachos Grande	Fresh Dough Classic Stromboli Roll with Marinara Cheese Stromboli (V)	Pasta w/ Meatballs Breadstick	Hawaiian Pork Sandwich	
FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	FEATURED VEGGIES Caesar Salad Corn	FEATURED VEGGIES Side Salad Peas	FEATURED VEGGIES Sweet Potato Fries Baby Carrots	
19	20	21	22	23	
Chicken Nuggets with Buttered Noodles	Chicken Tacos	Pancakes & Sausage	Mac & Cheese	Chicken & Cheese Quesadilla (V)	
FEATURED VEGGIES Baked Beans Steamed Broccoli	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Side Salad Green Beans	FEATURED VEGGIES Roasted Cauliflower Black Beans	
26	27	28	29	30	
Chicken Bruschetta Sandwich	Buffalo Chicken over French Fries	Hot Ham & Cheese Pretzel Melt	Pasta w/ Meat Sauce Breadstick	Act 80 Day No School	
FEATURED VEGGIES Tots Peas	FEATURED VEGGIES Crinkle Cut Oven Fries Side Salad	FEATURED VEGGIES Sweet Potato Fries Fresh Cucumbers	FEATURED VEGGIES Coleslaw Corn		
Your Team		Meal Prices			
Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org		Student Lunch \$3.10 Reduced Lunch \$4.40			
					
					

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

