

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
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Crispy General Tso' Chicken over Rice	Pulled Pork Nachos	Grilled Cheese Sandwich	Sausage Egg and Cheese Sandwich	Fish Sticks w/ Mac & Cheese	Students must choose at least 3 of the 5 components available for the school lunch price.
FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Glazed Baby Carrots Black Beans	FEATURED VEGGIES Tomato Soup Celery Sticks	FEATURED VEGGIES Oven Fries Green Beans	FEATURED VEGGIES Peas Cucumbers	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
Alternative: Deli Turkey	Day 5	Day 6	Day 1	Day 2	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
9	10	11	12	13	Act 80 Day No School
Chicken in Gravy with Bread	Chicken & Cheese Quesadilla	Orange Grilled Chicken with Rice	Hot Dog/ Chili Cheese Dog		Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
FEATURED VEGGIES Mashed Potatoes Corn	FEATURED VEGGIES Peppers and Onions Baby Carrots	FEATURED VEGGIES Peas Caesar Side Salad	FEATURED VEGGIES Baked Beans Oven Fries		Choice of Fruit May Include: Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
Alternative: Hamburger	Day 4	Day 5	Day 6	Day 1	Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
16	17	18	19	20	Daily Alternates May Include: Fresh Entree Salad of the Week Salad Bar, Pizza, Grill Line Weekly Cold Cut Sandwiches & Wraps
No School	Cowboy Burger	French Toast Sticks w/ Sausage	Pasta w/ Chicken Alfredo w/ Breadstick	Buffalo Chicken Dip over Tortilla Chips	
	FEATURED VEGGIES Oven Fries Baked Beans	FEATURED VEGGIES Green Beans Tots	FEATURED VEGGIES Steamed Broccoli Baby Carrots	FEATURED VEGGIES Celery Corn and Black Bean Salsa	
Alternative: Chicken Patty	Day 3	Day 4	Day 5	Day 6	
23	24	25	26	27	
Chicken Tenders with Seasoned Rice	Taco Fries	Pasta w/ Meatsauce w/ Breadstick	Egg, Ham & Cheese Croissant	Cheesy Pizza Crunchers with Marinara (V)	
FEATURED VEGGIES Baked Beans Tots	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Baby Carrots Green Bean	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Peas Caesar Salad	
Alternative: PBJ	Day 1	Day 2	Day 3	Day 4	Day 5
(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					
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				 

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

