



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2	3	4	5	6	Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk -A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.
GF Chicken Tenders Chef Salad with GF Roll	Nachos Grande Chef Salad with GF Roll	Grilled Cheese Sandwich Gf Bread Chef Salad with GF Roll	Sausage Egg and Cheese Sandwich GF Roll Chef Salad with GF Roll	Deli Turkey Sandwich Chef Salad with GF Roll	Choice of Vegetable May Include: Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
FEATURED VEGGIES Mashed Potatoes Baby Carrots	FEATURED VEGGIES Lettuce & Tomato Black Bean	FEATURED VEGGIES GF Tomato Soup Peas	FEATURED VEGGIES Oven Fries Green Pepper Strips	FEATURED VEGGIES Steamed Broccoli Cucumbers	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
9	10	11	12	13	Act 80 Day No School
Grilled Chicken Sandwich GF Roll	Walking Taco	Sausage Breakfast Sandwich GF Roll	Hot Dog on a GF Roll		Choice of Milk May Include: White, Chocolate or Strawberry
FEATURED VEGGIES Oven Fries Celery	FEATURED VEGGIES Steamed Broccoli Lettuce & Tomato	FEATURED VEGGIES Tots Baby Carrots	FEATURED VEGGIES Baked Beans Oven Fries		Alternatives May Include: Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
16	17	18	19	20	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
No School	Grilled Chicken Sandwich Garden Salad with GF Roll	Asian Sesame Chicken over Rice Garden Salad with GF Roll	Hot Ham & Cheese on a GF Roll Garden Salad with GF Roll	GF Pizza Garden Salad with GF Roll	(VG) Vegan These items do not contain any animal products
	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Steamed Broccoli Carrot Sticks	FEATURED VEGGIES Baked Beans Caesar Side Salad	FEATURED VEGGIES Green Beans Side Salad	
23	24	25	26	27	
Chicken Gravy over GF Bread Chef Salad with GF Roll	Taco Tots Chef Salad with GF Roll	Cheeseburger on GF Roll Chef Salad with GF Roll	GF Pasta & Meat Sauce Breadstick Chef Salad with GF Roll	GF Pizza Chef Salad with GF Roll	
FEATURED VEGGIES Steamed Broccoli Mashed Potatoes	FEATURED VEGGIES Tots Lettuce & Tomato	FEATURED VEGGIES Fries Baked Bean	FEATURED VEGGIES Side Salad Green Bean	FEATURED VEGGIES Glazed Baby Carrots Cucumbers	
Your Team Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org	Meal Prices Student Lunch \$2.95 Reduced Lunch \$.40				