



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 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Sandwich	Chocolate Chip French Toast	Apple Strudel	
Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	
9	10	11	12	13	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.
Mini Cinni Rolls	Breakfast Pizza	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Act 80 Day No School	Whole Grain Cereals May Include: Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios
Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins		Choice of Fruit May Include: Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
16	17	18	19	20	Choice of Milk May Include: White, Chocolate or Strawberry
No School	Breakfast Pizza	Egg & Cheese Croissant	Chocolate Chip French Toast	Apple Strudel	
	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	
23	24	25	26	27	
Glazed Dunkin Sticks	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle	
Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	Assorted Cereals w/ Muffins	
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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 Breakfast \$1.50 Reduced Breakfast \$.30 Breakfasts are Free the 2025-2026 School Year			 Metz <small>CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</small>



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2	3	4	5	6	<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 $\frac{1}{2}$ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>
Crispy General Tso' Chicken over Rice	Pulled Pork Nachos	Grilled Cheese Sandwich	Sausage Egg and Cheese Sandwich	Fish Sticks w/ Mac & Cheese	
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	
Day 5	Day 6	Day 1	Day 2	Day 3	Choice of Vegetable may include: Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
9	10	11	12	13	Choice of Fruit may include: Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
Chicken in Gravy with Bread	Chicken & Cheese Quesadilla	Orange Grilled Chicken with Rice	Hot Dog/ Chili Cheese Dog	Act 80 Day No School	Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
FEATURED VEGGIES Mashed Potatoes Corn	FEATURED VEGGIES Peppers and Onions Baby Carrots	FEATURED VEGGIES Peas Caesar Side Salad	FEATURED VEGGIES Baked Beans Oven Fries		Daily Alternates May Include: Fresh Entree Salad of the Week Salad Bar, Pizza, Grill Line Weekly Cold Cut Sandwiches & Wraps
Day 4	Day 5	Day 6	Day 1	Day 2	
16	17	18	19	20	
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		
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	
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.

