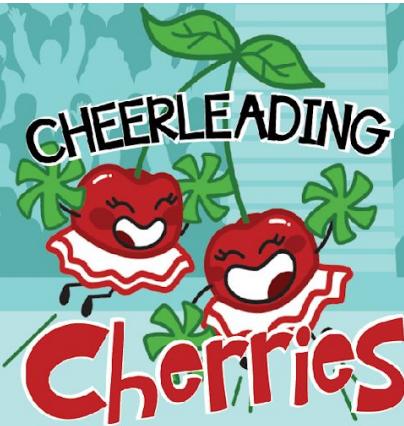


Meet Your Nutritious Friend:
Cheerleading Cherries

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 CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



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.
<i>Alternative: Grilled Chicken</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 1</i>	<i>Day 2</i>	<ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
Popcorn Chicken with Roll	Nachos Grande	Grilled Cheese Sandwich	Sausage Egg and Cheese Sandwich	Fish Sticks w/ Mac & Cheese	- A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.
Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner 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 Beans	FEATURED VEGGIES 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	Choice of Milk May Include: White, Chocolate or Strawberry
<i>Alternative: Deli Turkey</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 1</i>	Act 80 Day No School
Chicken Patty	Walking Taco	French Toast Sticks w/ Sausage	Hot Dog on a Roll		
Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap	Turkey & Cheese Wrap		
FEATURED VEGGIES Oven Fries Celery	FEATURED VEGGIES Steamed Broccoli Lettuce & Tomato	FEATURED VEGGIES Tots Baby Carrots	FEATURED VEGGIES Baked Beans Oven Fries		
16	17	18	19	20	Alternatives May Include: Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches & Wraps
No School	Day 3	Day 4	Day 5	Day 6	
	Chicken & Cheese Quesadilla	Asian Sesame Chicken over Rice	Hot Ham & Cheese on a Pretzel Roll	Cheese Pizza Crunchers with Dipping Sauce (V)	
	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	Garden Salad with Goldfish Crackers & Dinner Roll (V)	
<i>Alternative: Chicken Patty</i>	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	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
<i>Alternative: PBJ</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	(VG) Vegan These items do not contain any animal products
Chicken Gravy over Bread	Taco Tots	Cheeseburger on a Bun	Pasta & Meat Sauce Breadstick	Cheese Pizza	
Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner Roll	Chef Salad with Dinner 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 \$3.10 Reduced Lunch \$.40					