



| 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"><li>- Choice of Whole Grain</li><li>- Choice of Protein</li><li>- Choice of Vegetable</li><li>- Choice of Fruit</li><li>- Choice of Milk</li></ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable may Include:</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit may Include:</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p> <div>Daily Alternates May Include:</div> <p>Fresh Entree Salad of the Week<br/>Salad Bar, Pizza, Grill Line<br/>Weekly Cold Cut Sandwiches &amp; Wraps</p> |
|---|--|--|---|--|--|
| <div>2</div> <div><u>Week Alternative: Deli Turkey</u></div> <div>Chili Cheese Dog</div> <div>FEATURED VEGGIES</div> <div>Baked Beans<br/>Fries Day 6</div>                 | <div>3</div> <div>Beef Tacos</div> <div>Chicken Caesar</div> <div>FEATURED VEGGIES</div> <div>Lettuce &amp; Tomato<br/>Corn Day 1</div>  | <div>4</div> <div>Chicken and Corn Chowder w/ Peanut Butter Sandwich</div> <div>FEATURED VEGGIES</div> <div>Celery<br/>Green Beans Day 2</div> | <div>5</div> <div>Sausage, Egg &amp; Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Hash Brown<br/>Gr Pepper Strips Day 3</div> | <div>6</div> <div>Fish Sticks w/ Mac and Cheese</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli<br/>Baby Carrots Day 4</div> |  |
| <div>9</div> <div><u>Week Alternative: Hamburger</u></div> <div>Spicy Chicken Sandwich</div> <div>FEATURED VEGGIES</div> <div>Baked Beans<br/>Fries Day 5</div>             | <div>10</div> <div>Walking Taco</div> <div>FEATURED VEGGIES</div> <div>Lettuce &amp; Tomato<br/>Corn Day 6</div>   | <div>11</div> <div>Grilled Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Tomato Soup<br/>Peas Day 1</div>                             | <div>12</div> <div>Pasta w/ Meat Sauce Breadstick</div> <div>FEATURED VEGGIES</div> <div>Green Beans<br/>Baby Carrots Day 2</div>       | <div>13</div> <div>Act 80 Day No School</div> <div>Day 3</div>   |  |
| <div>16</div> <div><u>Week Alternative: Chicken Patty</u></div> <div>Buffalo Chicken Flatbread</div> <div>FEATURED VEGGIES</div> <div>Tots<br/>Gr Pepper Strips Day 4</div> | <div>17</div> <div>Chicken &amp; Cheese Quesadilla</div> <div><u>(St. Patty's Day Treat)</u></div> <div>FEATURED VEGGIES</div> <div>Lettuce &amp; Tomato<br/>Black Beans Day 5</div> | <div>18</div> <div>Cheese Pizza</div> <div>FEATURED VEGGIES</div> <div>Celery<br/>Green Beans Day 6</div>                                      | <div>19</div> <div>Chicken Alfredo Breadstick</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli<br/>Cherry Tomatoes Day 1</div>   | <div>20</div> <div>Pancakes &amp; Sausage</div> <div>FEATURED VEGGIES</div> <div>Hash Browns<br/>Baby Carrots Day 2</div>            |  |
| <div>23</div> <div><u>Week Alternative: PBJ</u></div> <div>Popcorn Chicken Bowl</div> <div>FEATURED VEGGIES</div> <div>Mashed Potatoes<br/>Baby Carrots Day 3</div>         | <div>24</div> <div>Nachos Grande</div> <div>FEATURED VEGGIES</div> <div>Lettuce &amp; Tomato<br/>Corn Day 4</div>  | <div>25</div> <div>Grilled Asian Chicken w /Rice</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli<br/>Celery Day 5</div>                | <div>26</div> <div>Ham, Egg, &amp; Cheese Sandwich</div> <div>FEATURED VEGGIES</div> <div>Oven Fries<br/>Gr Pepper Strips Day 6</div>   | <div>27</div> <div>Maxi Sticks w/ Sauce</div> <div>FEATURED VEGGIES</div> <div>Green Beans<br/>Cucumbers Day 1</div>                 |  |
| <div>30</div> <div><u>Week Alternative: Spicy Chicken</u></div> <div>Meatball Sub</div> <div>FEATURED VEGGIES</div> <div>Peas<br/>Cherry Tomatoes Day 2</div>               | <div>31</div> <div>Cheeseburger Tots</div> <div>FEATURED VEGGIES</div> <div>Tots<br/>Baked Beans Day 3</div>   |  |   |  |  |
| <div>Your Team</div> <div>Bob DuFour--Food Service Director</div> <div>717-248-0148 ext. 2514</div> <div>ma1134@metzcorp.com or rd02@mcsdk12.org</div>                      |  |  |   |  |  |
| <div>Meal Prices</div> <div>Student Lunch \$3.10</div> <div>Reduced Lunch \$.40</div>   |  |  |   |  |  |
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

