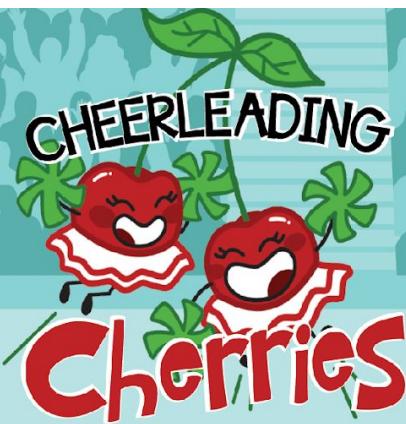


Meet Your Nutritious Friend:
Cheerleading Cherries

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 $\frac{1}{2}$ 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
Mini Blueberry Donut Holes	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	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	
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			
					





Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Day 2	3 Day 3	4 Day 4	5 Day 5	6 Day 6	Students must choose at least 3 of the 5 components available for the school lunch price.
Popcorn Chicken with Roll Soft Pretzel Craveable Chef Salad with Dinner Roll	Nachos Grande Soft Pretzel Craveable Chef Salad with Dinner Roll	Grilled Cheese Sandwich Soft Pretzel Craveable Chef Salad with Dinner Roll	Sausage Egg and Cheese Sandwich Soft Pretzel Craveable Chef Salad with Dinner Roll	Fish Sticks w/ Mac & Cheese Soft Pretzel Craveable Chef Salad with Dinner Roll	<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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p>
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 Vegetable May Include: Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
9 Day 1	10 Day 2	11 Day 3	12 Day 4	13 Day 5	Act 80 Day No School
Chicken Patty Yogurt Craveable (V) Turkey & Cheese Wrap	Walking Taco Yogurt Craveable (V) Turkey & Cheese Wrap	French Toast Sticks w/ Sausage Yogurt Craveable (V) Turkey & Cheese Wrap	Hot Dog on a Roll Yogurt Craveable (V) Turkey & Cheese Wrap		Choice of Fruit May Include: Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
FEATURED VEGGIES Oven Fries Celery	FEATURED VEGGIES Steamed Broccoli Lettuce & Tomato	FEATURED VEGGIES Tots Baby Carrots	FEATURED VEGGIES Baked Beans Oven Fries		Choice of Milk May Include: White, Chocolate or Strawberry
16 Day 6	17 Day 1	18 Day 2	19 Day 3	20 Day 4	Alternatives May Include: Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
French Toast Sticks w/ Sausage Super Fruit Craveable (V) Turkey & Cheese Wrap	Chicken & Cheese Quesadilla Super Fruit Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)	Asian Sesame Chicken over Rice Super Fruit Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)	Hot Ham & Cheese on a Pretzel Roll Super Fruit Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)	Cheese Pizza Crunchers with Dipping Sauce (V) Super Fruit Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
FEATURED VEGGIES Tots Baby Carrots	FEATURED VEGGIES Corn Lettuce & Tomato	FEATURED VEGGIES Steamed Broccoli Carrot Sticks	FEATURED VEGGIES Baked Beans Caesar Side Salad	FEATURED VEGGIES Green Beans Side Salad	(VG) Vegan These items do not contain any animal products
23 Day 5	24 Day 6	25 Day 1	26 Day 2	27 Day 3	
Chicken Gravy over Bread Walking Taco Craveable Chef Salad with Dinner Roll	Taco Tots Walking Taco Craveable Chef Salad with Dinner Roll	Cheeseburger on a Bun Walking Taco Craveable Chef Salad with Dinner Roll	Pasta & Meat Sauce Breadstick Walking Taco Craveable Chef Salad with Dinner Roll	Cheese Pizza Walking Taco Craveable 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 \$2.95 Reduced Lunch \$.40			
					