



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Hot Dog On GF Roll	3 Nachos Grande	4 Chicken and Corn Chowder w/ Peanut Butter Sandwich GF Bread	5 Sausage, Egg & Cheese Sandwich GF Roll	6 GF Mac & Cheese	Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
FEATURED VEGGIES Baked Beans Fries Day 6	FEATURED VEGGIES Lettuce & Tomato Corn Day 1	FEATURED VEGGIES Celery Green Beans Day 2	FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 3	FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 4	Act 80 Day No School Day 3
9 Cheeseburger On GF Roll	10 Walking Taco	11 Grilled Cheese Sandwich GF Bread	12 GF Pasta w/ Meat Sauce		Choice of Vegetable May Include: Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
FEATURED VEGGIES Baked Beans Fries Day 5	FEATURED VEGGIES Lettuce & Tomato Corn Day 6	FEATURED VEGGIES Tomato Soup Peas Day 1	FEATURED VEGGIES Green Beans Baby Carrots Day 2		Choice of Fruit May Include: Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
16 Grilled Chicken Sand GF Roll	17 Chicken Walking Taco <i>(St. Patty's Day Treat)</i>	18 Sausage, Egg & Cheese Sandwich GF Roll	19 Chicken Alfredo GF Pasta	20 GF Pizza	Choice of Milk May Include: White, Chocolate or Strawberry
FEATURED VEGGIES Tots Gr Pepper Strips Day 4	FEATURED VEGGIES Lettuce & Tomato Black Beans Day 5	FEATURED VEGGIES Tots Baby Carrots Day 6	FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 1	FEATURED VEGGIES Celery Green Beans Day 2	Alternatives May Include: Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
23 GF Chicken Tenders	24 Walking Taco	25 Grilled BBQ Chicken w/Rice	26 Ham & Cheese on GF Roll	27 GF Pizza	
FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 3	FEATURED VEGGIES Lettuce & Tomato Corn Day 4	FEATURED VEGGIES Steamed Broccoli Celery Day 5	FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 6	FEATURED VEGGIES Green Beans Cucumbers Day 1	
30 Cheeseburger Sub GF Roll	31 Cheeseburger Tots				
FEATURED VEGGIES Peas Cherry Tomatoes Day 2	FEATURED VEGGIES Tots Baked Beans Day 3				
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			 