



Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes Assorted Cereals w/ Muffins	3 Breakfast Pizza Assorted Cereals w/ Muffins	4 Egg, Sausage & Cheese Sandwich Assorted Cereals w/ Muffins	5 Chocolate Chip French Toast Assorted Cereals w/ Muffins	6 Apple Strudel Assorted Cereals w/ Muffins
9 Mini Cinni Rolls Assorted Cereals w/ Muffins	10 Breakfast Pizza Assorted Cereals w/ Muffins	11 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffins	12 French Toast Sticks with Syrup Assorted Cereals w/ Muffins	13 Act 80 Day No School
16 Mini Maple Pancakes Assorted Cereals w/ Muffins	17 Breakfast Pizza Assorted Cereals w/ Muffins	18 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals w/ Muffins	19 Chocolate Chip French Toast Assorted Cereals w/ Muffins	20 Apple Strudel Assorted Cereals w/ Muffins
23 Mini Cinni Rolls Assorted Cereals w/ Muffins	24 Breakfast Pizza Assorted Cereals w/ Muffins	25 Blueberry Pancakes Assorted Cereals w/ Muffins	26 French Toast Sticks with Syrup Assorted Cereals w/ Muffins	27 Breakfast Banana Split Assorted Cereals w/ Muffins
30 Mini Blueberry Donut Holes Assorted Cereals w/ Muffins	31 Breakfast Pizza Assorted Cereals w/ Muffins			

Your Team
Bob DuFour--Food Service Director
717-248-0148 ext. 2514
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Meal Prices
Student Breakfast \$1.50
Reduced Breakfast \$.30
Breakfasts are Free the 2025-2026 School Year



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
Students must choose at least 3 of the 5 components available for the school lunch price.					
2 Chili Cheese Dog FEATURED VEGGIES Baked Beans Fries Day 6	3 Beef Tacos FEATURED VEGGIES Lettuce & Tomato Corn Day 1	4 Chicken and Corn Chowder w/ Peanut Butter Sandwich FEATURED VEGGIES Celery Green Beans Day 2	5 Sausage, Egg & Cheese Sandwich FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 3	6 Fish Sticks w/ Mac and Cheese FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 4	<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>
Act 80 Day No School Day 3					
9 Spicy Chicken Sandwich FEATURED VEGGIES Baked Beans Fries Day 5	10 Walking Taco FEATURED VEGGIES Lettuce & Tomato Corn Day 6	11 Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup Peas Day 1	12 Pasta w/ Meat Sauce Breadstick FEATURED VEGGIES Green Beans Baby Carrots Day 2	13	<p>Choice of Vegetable may include:</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit may include:</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p>
16 Buffalo Chicken Flatbread FEATURED VEGGIES Tots Gr Pepper Strips Day 4	17 Chicken & Cheese Quesadilla <i>(St. Patty's Day Treat)</i> FEATURED VEGGIES Lettuce & Tomato Black Beans Day 5	18 Stromboli Day FEATURED VEGGIES Celery Green Beans Day 6	19 Chicken Alfredo Breadstick FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 1	20 Pancakes & Sausage FEATURED VEGGIES Hash Brown Baby Carrots Day 2	
23 Popcorn Chicken Bowl FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 3	24 Nachos Grande FEATURED VEGGIES Lettuce & Tomato Corn Day 4	25 Grilled Asian Chicken w/Rice FEATURED VEGGIES Steamed Broccoli Celery Day 5	26 Ham, Egg, & Cheese Sandwich FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 6	27 Maxi Sticks w/ Sauce FEATURED VEGGIES Green Beans Cucumbers Day 1	<p>Daily Alternates May Include:</p> <p>Fresh Entree Salad of the Week Salad Bar, Pizza, Grill Line Weekly Cold Cut Sandwiches & Wraps</p>
30 Meatball Sub FEATURED VEGGIES Peas Cherry Tomatoes Day 2	31 Cheeseburger Tots FEATURED VEGGIES Tots Baked Beans Day 3				
<p>Your Team Bob DuFour--Food Service Director 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org</p> <p>Meal Prices Student Lunch \$3.10 Reduced Lunch \$.40</p>					

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

