

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. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable may Include: Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit may Include: Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry Daily Alternates May Include: Fresh Entree Salad of the Week Salad Bar, Pizza, Grill Line Weekly Cold Cut Sandwiches & Wraps
Alternates: Week 1: Deli Turkey Week 2: Chicken Patty Week 3: Hamburger Week 4: PBJ Week 5: Spicy Chicken		<p>1</p> <p>Asian Chicken over Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Carrot Sticks 2</p>	<p>2</p> <p>Pasta w/ Meat Sauce w/ Breadstick</p> <p>FEATURED VEGGIES Baked Beans Caesar Side Salad 3</p>	<p>3</p> <p>No School Good Friday</p>	
<p>6</p> <p>Chicken Nuggets w/Buttered Noodles</p> <p>FEATURED VEGGIES Baked Beans Cherry Tomatoes 4</p>	<p>7</p> <p>Soft Tacos</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato 5</p>	<p>8</p> <p>Cheese Pizza</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumbers 6</p>	<p>9</p> <p>Husky Melt</p> <p>FEATURED VEGGIES Carrots Oven Fries 1</p>	<p>10</p> <p>Chili Cheese Dog</p> <p>FEATURED VEGGIES Tots Side Salad 2</p>	
<p>13</p> <p>Sloppy Joe on Brioche Roll</p> <p>FEATURED VEGGIES Oven Fries Peas 3</p>	<p>14</p> <p>Walking Taco with Pretzel Stick</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato 4</p>	<p>15</p> <p>Grilled Cheese</p> <p>FEATURED VEGGIES Tomato Soup Baby Carrots 5</p>	<p>16</p> <p>Chicken Alfredo with Garlic Breadstick</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks 6</p>	<p>17</p> <p>Italian Dunkers with Marinara</p> <p>FEATURED VEGGIES Cherry Tomatoes Cucumber Slices 1</p>	
<p>20</p> <p>Cowboy Burger</p> <p>FEATURED VEGGIES Steamed Broccoli Oven Fries 2</p>	<p>21</p> <p>Nachos Grande</p> <p>FEATURED VEGGIES Corn Black Beans 3</p>	<p>22</p> <p>French Toast Sticks with Sausage Patties</p> <p>FEATURED VEGGIES Tri Patty Taters Pepper Strips 4</p>	<p>23</p> <p>Macaroni & Cheese (V)</p> <p>FEATURED VEGGIES Cherry Tomatoes Peas 5</p>	<p>24</p> <p>Turkey & Provolone Super Sub</p> <p>FEATURED VEGGIES Green Beans Oven Fries 6</p>	
<p>27</p> <p>Popcorn Chicken Bowl</p> <p>FEATURED VEGGIES Mashed Potatoes Corn 1</p>	<p>28</p> <p>Chicken & Cheese Quesadilla</p> <p>FEATURED VEGGIES Black Beans Lettuce & Tomato 2</p>	<p>29</p> <p>Sausage Egg & Cheese Sandwich</p> <p>FEATURED VEGGIES Hash Brown Cucumber Slices 3</p>	<p>30</p> <p>Pasta w/ Meat Sauce w/ Breadstick</p> <p>FEATURED VEGGIES Green Beans Side Salad 4</p>		
<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 \$4.40</p>					



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

