

BABY



Black Bean

Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Croissant Assorted Cereals with Muffins	2 Chocolate Chip French Toast Assorted Cereals with Muffins	3 No School Good Friday!
6 Glazed Dunkin Sticks Assorted Cereals with Muffins	7 Breakfast Pizza Assorted Cereals with Muffins	8 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals with Muffins	9 French Toast Sticks with Syrup Assorted Cereals with Muffins	10 Dutch Waffle Assorted Cereals with Muffins
13 Mini Maple Pancakes Assorted Cereals with Muffins	14 Breakfast Pizza Assorted Cereals with Muffins	15 Egg, Sausage & Cheese Sandwich Assorted Cereals with Muffins	16 Chocolate Chip French Toast Assorted Cereals with Muffins	17 Apple Strudel Assorted Cereals with Muffins
20 Mini Cinni Rolls Assorted Cereals with Muffins	21 Breakfast Pizza Assorted Cereals with Muffins	22 Blueberry Pancakes Assorted Cereals with Muffins	23 French Toast Sticks with Syrup Assorted Cereals with Muffins	24 Breakfast Banana Split Assorted Cereals with Muffins
27 Mini Maple Pancakes Assorted Cereals with Muffins	28 Breakfast Pizza Assorted Cereals with Muffins	29 Egg, Sausage & Cheese Sandwich Assorted Cereals with Muffins	30 Chocolate Chip French Toast Assorted Cereals with Muffins	

What is a Meal?
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

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals May Include:
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit May Include:
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:
White, Chocolate or Strawberry

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 \$3.30
Breakfasts are Free the 2025-2026 School Year



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

BABY



Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Asian Chicken over Rice</p> <p>Walking Taco Craveable</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Steamed Broccoli Carrot Sticks 2</p>	<p>2 Pasta w/ Meat Sauce Breadstick</p> <p>Walking Taco Craveable</p> <p>Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Peas Caesar Side Salad 3</p>	<p>3 No School Good Friday</p>
<p>6 Chicken Nuggets with Roll Super Fruit Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Tater Tots Baked Beans 4</p>	<p>7 Soft Tacos Super Fruit Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato 5</p>	<p>8 Cheeseburger on a Bun Super Fruit Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Carrots Oven Fries 6</p>	<p>9 Corn Dog Super Fruit Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Tots Side Salad 1</p>	<p>10 Cheese Pizza Super Fruit Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Steamed Broccoli Celery 2</p>
<p>13 Sloppy Joe on Brioche Roll Pizza Craveable Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Oven Fries Peas 3</p>	<p>14 Walking Taco with Pretzel Stick Pizza Craveable Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato 4</p>	<p>15 Cheesesteak on a Roll Pizza Craveable Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Tater Tots Carrots 5</p>	<p>16 Chicken Alfredo with Garlic Breadstick Pizza Craveable Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks 6</p>	<p>17 Fiestada Pizza Pizza Craveable Turkey & Cheese Wrap</p> <p>FEATURED VEGGIES Cherry Tomatoes Cucumber Slices 1</p>
<p>20 Cheeseburger on a Bun Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Steamed Broccoli Oven Fries 2</p>	<p>21 Nachos Grande Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Corn Black Beans 3</p>	<p>22 French Toast Sticks with Sausage Patties Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Tri Patty Taters Pepper Strips 4</p>	<p>23 Macaroni & Cheese (V) Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Cherry Tomatoes Peas 5</p>	<p>24 Cheese Pizza (V) Soft Pretzel Craveable (V) Garden Salad with Goldfish Crackers & Dinner Roll (V)</p> <p>FEATURED VEGGIES Green Beans Baby Carrots 6</p>
<p>27 Popcorn Chicken with Roll Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Broccoli 1</p>	<p>28 Cheese Quesadilla Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Corn Lettuce & Tomato 2</p>	<p>29 Sausage Egg & Cheese Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Hash Brown Cucumber Slices 3</p>	<p>30 Chicken Patty on a Bun Breadstick Dipper Craveable (V) Chef Salad with Dinner Roll</p> <p>FEATURED VEGGIES Green Beans Side Salad 4</p>	

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 May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week

Craveables

Weekly Cold Cut Sandwiches & Wraps

Your Team
Bob DuFour--Food Service Director
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ma1134@metzcorp.com or rd02@mcsdk12.org

Meal Prices
Student Lunch \$2.95
Reduced Lunch \$.40

