

BABY



Black Bean

Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Asian Chicken over Rice FEATURED VEGGIES Steamed Broccoli Carrot Sticks 2	2 GF Pasta w/ Meat sauce FEATURED VEGGIES Peas Caesar Side Salad 3	3 No School Good Friday
6 GF Chicken Tenders FEATURED VEGGIES Tater Tots Baked Beans 4	7 Hard Tacos FEATURED VEGGIES Corn Lettuce & Tomato 5	8 Cheeseburger on GF Bun FEATURED VEGGIES Carrots Oven Fries 6	9 Hot Dog GF Bun FEATURED VEGGIES Tots Side Salad 1	10 GF Pizza FEATURED VEGGIES Steamed Broccoli Celery 2
13 Sloppy Joe on Gf Toll FEATURED VEGGIES Oven Fries Peas 3	14 Walking Taco FEATURED VEGGIES Corn Lettuce & Tomato 4	15 Cheesesteak on GF Roll FEATURED VEGGIES Tater Tots Carrots 5	16 Chicken Alfredo Gf Pasta Gf Roll FEATURED VEGGIES Steamed Broccoli Celery Sticks 6	17 GF Pizza FEATURED VEGGIES Cherry Tomatoes Cucumber Slices 1
20 Cheeseburger GF Roll FEATURED VEGGIES Steamed Broccoli Oven Fries 2	21 Nachos Grande FEATURED VEGGIES Corn Black Beans 3	22 Sausage Egg and Cheese GF Roll FEATURED VEGGIES Tri Patty Taters Pepper Strips 4	23 Macaroni & Cheese GF Pasta FEATURED VEGGIES Cherry Tomatoes Peas 5	24 GF Pizza FEATURED VEGGIES Green Beans Baby Carrots 6
27 GF Chicken Tenders FEATURED VEGGIES Mashed Potatoes Steamed Broccoli 1	Grilled Cheese GF Bread FEATURED VEGGIES Corn Tomato Soup 2	Sausage Egg & Cheese GF Roll FEATURED VEGGIES Hash Brown Cucumber Slices 3	Grilled Chicken on GF Bun FEATURED VEGGIES Green Beans Side Salad 4	

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 1/2 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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Meal Prices
Student Lunch \$2.95
Reduced Lunch \$.40



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