

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 \$.30
Breakfasts are Free the 2025-2026 School Year



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Asian Chicken over Rice FEATURED VEGGIES Steamed Broccoli Carrot Sticks 2	Pasta w/ Meat Sauce w/ Breadstick FEATURED VEGGIES Baked Beans Caesar Side Salad 3	No School Good Friday
6	7	8	9	10
Chicken Nuggets w/Buttered Noodles FEATURED VEGGIES Baked Beans Cherry Tomatoes 4	Soft Tacos FEATURED VEGGIES Corn Lettuce & Tomato 5	Cheese Stromboli FEATURED VEGGIES Steamed Broccoli Cucumbers 6	Husky Melt FEATURED VEGGIES Carrots Oven Fries 1	Chili Cheese Dog FEATURED VEGGIES Tots Side Salad 2
13	14	15	16	17
Sloppy Joe on Brioche Roll FEATURED VEGGIES Oven Fries Peas 3	Walking Taco with Pretzel Stick FEATURED VEGGIES Corn Lettuce & Tomato 4	Grilled Cheese FEATURED VEGGIES Tomato Soup Baby Carrots 5	Chicken Alfredo with Garlic Breadstick FEATURED VEGGIES Steamed Broccoli Celery Sticks 6	Italian Dunkers with Marinara FEATURED VEGGIES Cherry Tomatoes Cucumber Slices 1
20	21	22	23	24
Cowboy Burger FEATURED VEGGIES Steamed Broccoli Oven Fries 2	Nachos Grande FEATURED VEGGIES Corn Black Beans 3	French Toast Sticks with Sausage Patties FEATURED VEGGIES Tri Patty Taters Pepper Strips 4	Macaroni & Cheese (V) FEATURED VEGGIES Cherry Tomatoes Peas 5	Turkey & Provolone Super Sub FEATURED VEGGIES Green Beans Oven Fries 6
27	28	29	30	
Popcorn Chicken Bowl FEATURED VEGGIES Mashed Potatoes Corn 1	Chicken & Cheese Quesadilla FEATURED VEGGIES Black Beans Lettuce & Tomato 2	Sausage Egg & Cheese Sandwich FEATURED VEGGIES Hash Brown Cucumber Slices 3	Pasta w/ Meat Sauce w/ Breadstick 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 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 strawberry

Daily Alternates May Include:

Fresh Entree Salad of the Week
Salad Bar, Pizza, Grill Line
Weekly Cold Cut Sandwiches & Wraps

Your Team

Bob DuFour--Food Service Director
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Meal Prices

Student Lunch \$3.10
Reduced Lunch \$4.40



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

