

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
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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. - 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 Weekly Cold Cut Sandwiches & Wraps or Pizza
		1 Asian Chicken over Rice Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Steamed Broccoli Carrot Sticks 2	2 Pasta w/ Meat Sauce Breadstick Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Peas Caesar Side Salad 3	3 No School Good Friday	
6 Chicken Nuggets with Roll Chef Salad with Dinner Roll FEATURED VEGGIES Tater Tots Baked Beans 4	7 Soft Tacos Chef Salad with Dinner Roll FEATURED VEGGIES Corn Lettuce & Tomato 5	8 Cheeseburger on a Bun Chef Salad with Dinner Roll FEATURED VEGGIES Glazed Carrots Oven Fries 6	9 Corn Dog Chef Salad with Dinner Roll FEATURED VEGGIES Tots Side Salad 1	10 Pizza Bagels Chef Salad with Dinner Roll FEATURED VEGGIES Steamed Broccoli Celery 2	
13 Sloppy Joe on Brioche Roll Turkey & Cheese Wrap FEATURED VEGGIES Oven Fries Peas 3	14 Walking Taco with Pretzel Stick Turkey & Cheese Wrap FEATURED VEGGIES Corn Lettuce & Tomato 4	15 Cheesesteak on a Roll Turkey & Cheese Wrap FEATURED VEGGIES Tater Tots Baby Carrots 5	16 Chicken Alfredo with Garlic Breadstick Turkey & Cheese Wrap FEATURED VEGGIES Steamed Broccoli Celery Sticks 6	17 Fiestada Pizza Turkey & Cheese Wrap FEATURED VEGGIES Cherry Tomatoes Cucumber Slices 1	
20 Cheeseburger on a Bun Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Steamed Broccoli Oren Fries 2	21 Nachos Grande Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Corn Black Beans 3	22 French Toast Sticks with Sausage Patties Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Tri Patty Taters Pepper Strips 4	23 Macaroni & Cheese (V) Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Cherry Tomatoes Peas 5	24 Italian Pizza Dunkers(V) Garden Salad with Goldfish Crackers & Dinner Roll (V) FEATURED VEGGIES Green Beans Baby Carrots 6	
27 Popcorn Chicken Bowl Chef Salad with Dinner Roll FEATURED VEGGIES Mashed Potatoes Steamed Broccoli 1	28 Cheese Quesadilla Chef Salad with Dinner Roll FEATURED VEGGIES Corn Lettuce & Tomato 2	29 Sausage Egg & Cheese Sandwich Chef Salad with Dinner Roll FEATURED VEGGIES Hash Brown Cucumber Slices 3	30 Chicken Patty on a Bun Chef Salad with Dinner Roll FEATURED VEGGIES Green Beans Side Salad 4		
<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 \$4.00</p> 					

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

