



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Cycle Day 5</b>					
Alternatives: Week 1: Spicy Chick Week 2 Ch Burger Week 3 PBJ Week 4 Cook's Ch Week 5: Cook's Ch				1  Chicken Bacon Ranch Flatbread  <b>FEATURED VEGGIES</b> Peas Corn	
<b>Cycle Days: 6, 1, 2, 3, 4</b>					
4  Chili/Cheese Hot Dog  <b>FEATURED VEGGIES</b> Fries Green Peppers	5  Beef and Cheddar Nachos (Grande)  <b>FEATURED VEGGIES</b> Baked Beans Carrots	6  Toasted Cheese Sandwich  <b>FEATURED VEGGIES</b> Tomato Soup Corn	7  Grilled Chicken Parm Sandwich  <b>FEATURED VEGGIES</b> Green Beans Celery & Peanut Butter	8  Maxi Sticks w/ Marinara  <b>FEATURED VEGGIES</b> Peas Caesar Side Salad	
<b>Cycle Days: 5, 6, 1, 2, 3</b>					
11  Husky Melt  <b>FEATURED VEGGIES</b> Mashed Potatoes Baked Beans	12  Chicken & Cheese Quesadilla  <b>FEATURED VEGGIES</b> Corn Lettuce & Tomato	13  Grilled Asian Chicken w/Rice  <b>FEATURED VEGGIES</b> Green Peppers Garlic Glazed Broccoli	14  Pasta & Meat Sauce / Breadstick  <b>FEATURED VEGGIES</b> Roasted Zucchini Carrot Sticks	15  Buffalo Chicken Dip w/Chips  <b>FEATURED VEGGIES</b> Corn Celery	
<b>Cycle Days: 4, 5, 6, 1, 2</b>					
18  Cowboy Burger  <b>FEATURED VEGGIES</b> Baked Beans Cucumber Slices	19  Beef Soft Tacos w/Rice  <b>FEATURED VEGGIES</b> Corn Carrots	20  Pancakes & Sausage  <b>FEATURED VEGGIES</b> Green Beans Celery & Peanut Butter	21  Cheeseburger Tots (Beef & Cheddar Tots)  <b>FEATURED VEGGIES</b> Tots Baked Beans	22  <h2 style="text-align: center;"><u>Chef's Choice</u></h2>	
<b>Cycle Days: 3, 4, 5, 6</b>					
25  <h2 style="text-align: center;"><u>No School Memorial Day</u></h2>	26  <h2 style="text-align: center;"><u>Chef's Choice</u></h2>	27  <h2 style="text-align: center;"><u>Chef's Choice</u></h2>	28  <h2 style="text-align: center;"><u>Chef's Choice</u></h2>	29  <h2 style="text-align: center;"><u>Chef's Choice</u></h2> <h2 style="text-align: center; color: red;">Have a Great Summer!!</h2>	
<b>Your Team</b> <b>Bob DuFour--Food Service Director</b> 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org	<b>Meal Prices</b> Student Lunch \$3.10 Reduced Lunch \$ .40				<p><b>What is a Meal? What is a Meal?</b></p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>-A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable May Include:</b></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit May Include:</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk May Include:</b></p> <p>White, Chocolate or Strawberry</p> <p><b>Alternatives May Include:</b></p> <p>Fresh Entree Salad of the Week</p> <p>Weekly Cold Cut Sandwiches &amp; Wraps or Pizza</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p> 

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

