



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Dutch Waffle Assorted Cereals w/ Muffin
4 Maple Pancakes Assorted Cereals w/ Muffin	5 Breakfast Pizza Assorted Cereals w/ Muffin	6 Egg, Sausage & Cheese Assorted Cereals w/ Muffin	7 French Toast Sticks with Syrup Assorted Cereals w/ Muffin	8 Breakfast Banana Split Assorted Cereals w/ Muffin
11 Blueberry Pancakes Assorted Cereals w/ Muffin	12 Breakfast Pizza Assorted Cereals w/ Muffin	13 Egg & Cheese Croissant Assorted Cereals w/ Muffin	14 Chocolate Chip French Toast Assorted Cereals w/ Muffin	15 Dutch Waffle Assorted Cereals w/ Muffin
18 Birthday Pancakes Assorted Cereals w/ Muffin	19 Breakfast Pizza Assorted Cereals w/ Muffin	20 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals w/ Muffin	21 French Toast Sticks with Syrup Assorted Cereals w/ Muffin	22 Breakfast Banana Split Assorted Cereals w/ Muffin
25 <u>No School Memorial Day</u>	26 <u>Cooks Choice</u>	27 <u>Cooks Choice</u>	28 <u>Cooks Choice</u>	29 Cooks Choice Have a great Summer!!

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

Additional Items May Include: Yogurt, Bagels, Cereal Bars Cinni Minis, Poptarts, Donuts

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
Cycle Day 5				
				<p style="text-align: center;">1</p> <p style="text-align: center;">Chicken Bacon Ranch Flatbread</p> <p style="text-align: center;">FEATURED VEGGIES Peas Corn</p>
Cycle Days: 6, 1, 2, 3, 4				
<p style="text-align: center;">4</p> <p style="text-align: center;">Chili/Cheese Hot Dog</p> <p style="text-align: center;">FEATURED VEGGIES Fries Green Peppers</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Beef and Cheddar Nachos (Grande)</p> <p style="text-align: center;">FEATURED VEGGIES Baked Beans Carrots</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Toasted Cheese Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Tomato Soup Corn</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Grilled Chicken Parm Sandwich</p> <p style="text-align: center;">FEATURED VEGGIES Green Beans Celery & Peanut Butter</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Maxi Sticks w/ Marinara</p> <p style="text-align: center;">FEATURED VEGGIES Peas Caesar Side Salad</p>
Cycle Days: 5, 6, 1, 2, 3				
<p style="text-align: center;">11</p> <p style="text-align: center;">Husky Melt</p> <p style="text-align: center;">FEATURED VEGGIES Mashed Potatoes Baked Beans</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Chicken & Cheese Quesadilla</p> <p style="text-align: center;">FEATURED VEGGIES Corn Lettuce & Tomato</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Grilled Asian Chicken w/Rice</p> <p style="text-align: center;">FEATURED VEGGIES Green Peppers Garlic Glazed Broccoli</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Pasta & Meat Sauce / Breadstick</p> <p style="text-align: center;">FEATURED VEGGIES Roasted Zucchini Carrot Sticks</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Buffalo Chicken Dip w/Chips</p> <p style="text-align: center;">FEATURED VEGGIES Corn Celery</p>
Cycle Days: 4, 5, 6, 1, 2				
<p style="text-align: center;">18</p> <p style="text-align: center;">Cowboy Burger</p> <p style="text-align: center;">FEATURED VEGGIES Baked Beans Cucumber Slices</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Beef Soft Tacos w/Rice</p> <p style="text-align: center;">FEATURED VEGGIES Corn Carrots</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Pancakes & Sausage</p> <p style="text-align: center;">FEATURED VEGGIES Green Beans Celery & Peanut Butter</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Cheeseburger Tots (Beef & Cheddar Tots)</p> <p style="text-align: center;">FEATURED VEGGIES Tots Baked Beans</p>	<p style="text-align: center; font-size: 1.5em;"><u>Chef's Choice</u></p>
Cycle Days: 3, 4, 5, 6				
<p style="text-align: center; font-size: 1.2em;"><u>No School Memorial Day</u></p>	<p style="text-align: center; font-size: 1.2em;"><u>Chef's Choice</u></p>	<p style="text-align: center; font-size: 1.2em;"><u>Chef's Choice</u></p>	<p style="text-align: center; font-size: 1.2em;"><u>Chef's Choice</u></p>	<p style="text-align: center; font-size: 1.2em;"><u>Chef's Choice</u> Have a Great Summer!!</p>
<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 \$.40</p>		

**What is a Meal?
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



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

