



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 <b><u>No School Memorial Day</u></b>	26 <u>Cooks Choice</u>	27 <u>Cooks Choice</u>	28 <u>Cooks Choice</u>	29 Cooks Choice <b>Have a great Summer!!</b>

### 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, 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
<b>Cycle Day 5</b>				
				<p style="text-align: center;">1</p> <p>Toasted Pepperoni Pizza Flatbread Sandwich</p> <p>Chef Salad with Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Peas Corn</p>
<b>Cycle Days: 6, 1, 2, 3, 4</b>				
<p style="text-align: center;">4</p> <p>Hot Dog Turkey &amp; Cheese Wrap</p> <p><b>FEATURED VEGGIES</b> Fries Green Peppers</p>	<p style="text-align: center;">5</p> <p>Pulled Pork Nachos (Grande) Turkey &amp; Cheese Wrap</p> <p><b>FEATURED VEGGIES</b> Baked Beans Carrots</p>	<p style="text-align: center;">6</p> <p>Toasted Cheese Sandwich Turkey &amp; Cheese Wrap</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Corn</p>	<p style="text-align: center;">7</p> <p>Chicken Parm Sandwich Turkey &amp; Cheese Wrap</p> <p><b>FEATURED VEGGIES</b> Green Beans Celery</p>	<p style="text-align: center;">8</p> <p>Pizza Crunchers Turkey &amp; Cheese Wrap</p> <p><b>FEATURED VEGGIES</b> Peas Caesar Side Salad</p>
<b>Cycle Days: 5, 6, 1, 2, 3</b>				
<p style="text-align: center;">11</p> <p>Chicken Patty Grilled Chicken Salad w/ Roll</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Baked Beans</p>	<p style="text-align: center;">12</p> <p>Chicken &amp; Cheese Quesadilla Grilled Chicken Salad w/ Roll</p> <p><b>FEATURED VEGGIES</b> Corn Green Beans</p>	<p style="text-align: center;">13</p> <p>Pasta &amp; Meat Sauce / Breadstick Grilled Chicken Salad w/ Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks</p>	<p style="text-align: center;">14</p> <p>Ham &amp; Cheese Sub Grilled Chicken Salad w/ Roll</p> <p><b>FEATURED VEGGIES</b> Baked Beans Caesar Side Salad</p>	<p style="text-align: center;">15</p> <p>Buffalo Chicken Dip Grilled Chicken Salad w/ Roll</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Broccoli</p>
<b>Cycle Days: 4, 5, 6, 1, 2</b>				
<p style="text-align: center;">18</p> <p>Cheeseburger Chef Salad with Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Baked Beans Cucumber Slices</p>	<p style="text-align: center;">19</p> <p>Beef Soft Tacos w/Rice Chef Salad with Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Corn Carrots</p>	<p style="text-align: center;">20</p> <p>Pancakes &amp; Sausage Chef Salad with Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Green Beans Tomatoes</p>	<p style="text-align: center;">21</p> <p>Cheeseburger Tots (Beef &amp; Cheddar Tots) Chef Salad with Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Tots Baked Beans</p>	<p style="text-align: center;">22</p> <p style="text-align: center;"><b><u>Chef's Choice</u></b></p>
<b>Cycle Days: 3, 4, 5, 6</b>				
<p style="text-align: center;">25</p> <p style="text-align: center;"><b><u>No School Memorial Day</u></b></p>	<p style="text-align: center;">26</p> <p style="text-align: center;"><b><u>Chef's Choice</u></b></p>	<p style="text-align: center;">27</p> <p style="text-align: center;"><b><u>Chef's Choice</u></b></p>	<p style="text-align: center;">28</p> <p style="text-align: center;"><b><u>Chef's Choice</u></b></p>	<p style="text-align: center;">29</p> <p style="text-align: center;"><b><u>Chef's Choice</u></b> <b>Have a Great Summer!!</b></p>
<p>Your Team</p> <p><b>Bob DuFour--Food Service Director</b> 717-248-0148 ext. 2514 ma1134@metzcorp.com or rd02@mcsdk12.org</p>		<p><b>Meal Prices</b></p> <p>Student Lunch \$3.10 Reduced Lunch \$4.00</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.

