



Meet Your Nutritious Friend:  
Avocado-do

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

**Cinni Minis, Poptarts, Donuts, Cereal Bars**

### 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  
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**Meal Prices**  
Student Breakfast \$1.50  
Reduced Breakfast \$.30  
**Breakfasts are Free the 2025-2026 School Year**



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | What is a Meal?<br>Students must choose at least 3 of the 5 components available for the school lunch price.<br><br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Vegetable<br>- Choice of Fruit<br>- Choice of Milk<br><br>-A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.<br><br><b>Choice of Vegetable May Include:</b><br>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables<br><br><b>Choice of Fruit May Include:</b><br>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice<br><br><b>Choice of Milk May Include:</b><br>White, Chocolate or Strawberry<br><br><b>Alternatives May Include:</b><br>Fresh Entree Salad of the Week<br>Weekly Cold Cut Sandwiches & Wraps |
|---|--|--|--|--|---|
| Alternate: PBJ  |  |  |  | Cycle Day 5  |   |
|   |  |  |  | 1<br>Toasted Pepperoni Pizza<br>Flatbread Sandwich<br>Chef Salad with Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Peas<br>Corn |   |
| Alternate: Turkey & Cheese Wrap   |  |  |  | Cycle Days: 6, 1, 2, 3, 4  |   |
| 4<br>Hot Dog<br>Turkey & Cheese Wrap<br><br><b>FEATURED VEGGIES</b><br>Fries<br>Green Peppers                         | 5<br>Beef & Cheddar Nachos (Grande)<br>Turkey & Cheese Wrap<br><br><b>FEATURED VEGGIES</b><br>Baked Beans<br>Carrots     | 6<br>Toasted Cheese Sandwich<br>Turkey & Cheese Wrap<br><br><b>FEATURED VEGGIES</b><br>Tomato Soup<br>Corn                                 | 7<br>Chicken Parm Sandwich<br>Turkey & Cheese Wrap<br><br><b>FEATURED VEGGIES</b><br>Green Beans<br>Celery                         | 8<br>Pizza Crunchers<br>Turkey & Cheese Wrap<br><br><b>FEATURED VEGGIES</b><br>Peas<br>Caesar Side Salad                         |   |
| Alternate: Grilled Chicken  |  |  |  | Cycle Days: 5, 6, 1, 2, 3  |   |
| 11<br>Chicken Patty<br>Grilled Chicken Salad w/ Roll<br><br><b>FEATURED VEGGIES</b><br>Mashed Potatoes<br>Baked Beans | 12<br>Chicken & Cheese Quesadilla<br>Grilled Chicken Salad w/ Roll<br><br><b>FEATURED VEGGIES</b><br>Corn<br>Green Beans | 13<br>Pasta & Meat Sauce / Breadstick<br>Grilled Chicken Salad w/ Roll<br><br><b>FEATURED VEGGIES</b><br>Steamed Broccoli<br>Carrot Sticks | 14<br>Ham & Cheese Sub<br>Grilled Chicken Salad w/ Roll<br><br><b>FEATURED VEGGIES</b><br>Baked Beans<br>Caesar Side Salad         | 15<br>Cheese Pizza<br>Grilled Chicken Salad w/ Roll<br><br><b>FEATURED VEGGIES</b><br>Corn<br>Fresh Broccoli                     |   |
| Alternate: Chef's Choice  |  |  |  | Cycle Days: 4, 5, 6, 1, 2  |   |
| 18<br>Cheeseburger<br>Chef Salad with Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Baked Beans<br>Cucumber Slices    | 19<br>Beef Soft Tacos w/Rice<br>Chef Salad with Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Corn<br>Carrots            | 20<br>Pancakes & Sausage<br>Chef Salad with Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Green Beans<br>Tomatoes                          | 21<br>Cheeseburger Tots (Beef & Cheddar Tots)<br>Chef Salad with Dinner Roll<br><br><b>FEATURED VEGGIES</b><br>Tots<br>Baked Beans | 22<br><b><u>Chef's Choice</u></b>  |   |
| Alternate: Chef's Choice  |  |  |  | Cycle Days: 3, 4, 5, 6   |   |
| 25<br><b><u>No School Memorial Day</u></b>  | 26<br><b><u>Chef's Choice</u></b>  | 27<br><b><u>Chef's Choice</u></b>  | 28<br><b><u>Chef's Choice</u></b>  | 29<br><b><u>Chef's Choice</u></b><br><b>Have a Great Summer!!</b>  |   |
| Your Team<br>Bob DuFour--Food Service Director<br>717-248-0148 ext. 2514<br>ma1134@metzcorp.com or rd02@mcsdk12.org   |  | Meal Prices<br>Student Lunch \$3.10<br>Reduced Lunch \$4.00  |  |   |   |

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

