

Martin Meylin Middle School

September 2022

Breakfast Menu: Available daily in the cafeteria OR Breakfast Cart (7:20am to 7:30am) Cost: \$1.90 All Breakfasts are served with fruit and choice of milk. Assortment of cereals, breakfast bars and pop tarts are always available. Specialty items available daily.

Cafeteria Manager: Jeannette Harnish
Jeannette_harnish@l-spioneers.org
 717-358-1863



	<p>6 Hot Dog on Roll (with or without sauerkraut) Smile Fries Assorted Fruit & Milk Alt: Tuna Croissant Sandwich</p>	<p>7 Ham & Cheese on Pretzel Roll Steamy Peas Assorted Fruit & Milk Alt: Grilled Pepperjack Chicken Sandwich</p>	<p>8 Crunchy Taco: Meat, cheese, lettuce, salsa Fiesta Rice and Beans/ Fruit & Milk Alt: Chicken Quesadilla/Salsa</p>	<p>9 Stromboli/Marinara Sauce Cinnamon Dusted Sweet Fries Romaine Tossed Salad Assorted Fruit & Milk Alt: Black Bean Burger/Bun</p>
<p>12 Homestyle Chicken Sandwich With Pioneer Secret Sauce Baked French Fries Assorted Fruit & Milk Alt: Spicy Chicken Sandwich</p>	<p>13 Creamy Mac & Cheese w/ Pretzel Sticks Green Beans Assorted Fruit & Milk Alt: Sausage Sandwich</p>	<p>14 Cheese Quesadilla/Salsa Baked Potato Bar Assorted Fruit & Milk WG Cookie Alt: Pork BBQ Sandwich</p>	<p>15 Tangerine Chicken & Broccoli Fried Rice Fortune Cookie Assorted Fruit & Milk Alt: Egg Rolls</p>	<p>16 Stuffed Crust Pizza Romaine Tossed Salad Hummus/Celery Assorted Fruit & Milk Alt: Rib-B-Q on Roll</p>
<p>19 Popcorn Chicken Bowl (mashed pot, chicken, corn, gravy) Assorted Fruit & Milk Alt. Calzone/Marinara</p>	<p>20 Cheeseburger on Roll Baked Beans Curly Fries Assorted Fruit & Milk Alt. Shrimp Poppers</p>	<p>21 Chicken Wing Dings/Sauce Romaine Tossed Salad WG Cheez-Its Assorted Fruit & Milk Alt: Meatball Sandwich</p>	<p>22 Sausage and French Toast OR Scrambled Eggs & FT Hash Browns Assorted Fruit & Milk</p>	<p>23 Max Cheese Stix/Marinara California Blend Veggies Assorted Fruit & Milk Alt. Sloppy Joe Sandwich</p>
<p>26 Chicken Nuggets Steamy Peas WG Cookie Assorted Fruit & Milk Alt. Fish & Cheese Sandwich</p>	<p>27 Grilled Cheese Sandwich Creamy Tomato Soup WG Goldfish Crackers Assorted Fruit & Milk Alt. Chicken Salad Croissant</p>	<p>28 Walking Taco/Salsa (Meat, cheese, lettuce) Corn & Black Bean Salad WG Churro Alt. Cheesesteak Sandwich</p>	<p>29 Corn Dog Nuggets Tater Tots Assorted Fruit & Milk Alt. Chicken Parm Sandwich</p>	<p>30 Stuffed Crust Pizza Romaine Tossed Salad WG Chex Alt. Veggie Burger on Roll</p>

MENU SUBJECT TO CHANGE Student Lunch: \$3.00
 A la Carte Milk: \$0.60 Adult Lunch: \$5.00
 A La Carte Drinks and Snacks and Ice Cream
 All Grain Offerings are Whole Grain / All Rolls Include Promise® Margarine
 Soup is available at an A La Carte Price only.

Offered Daily:
 Peanut Butter & Jelly Sandwich Assorted Cold Subs/Wraps Pizza
 Salad Entrée/Protein Baby Carrots and/or Celery Sticks
 (This institution is an equal opportunity provider and employer.)

