

Martin Meylin Middle School

October 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:
Cheryl_schmidt@l-spioneers.org
717-358-1863

<p>3</p> <p>Chicken Tenders Whipped Potatoes Broccoli WG Cookie Assorted Fruit & Milk Alt. Beef Ravioli</p>	<p>4</p> <p>Hot Dog on Roll (with or without sauerkraut) Smile Fries Assorted Fruit & Milk Alt: Tuna Croissant Sandwich</p>	<p>5</p> <p>Ham & Cheese on Pretzel Roll Steamy Peas Assorted Fruit & Milk Alt. Grilled Pepperjack Chicken Sandwich</p>	<p>6</p> <p>Crunchy Taco: Meat, cheese, lettuce, salsa Fiesta Rice and Beans/ Fruit & Milk Alt: Chicken Quesadilla/Salsa</p>	<p>7</p> <p>NO SCHOOL</p>
<p>10</p> <p>NO SCHOOL</p>	<p>11</p> <p>Creamy Mac & Cheese w/ Pretzel Sticks Green Beans Assorted Fruit & Milk Alt: Sausage Sandwich</p>	<p>12</p> <p>Cheese Quesadilla/Salsa Baked Potato Bar Assorted Fruit & Milk WG Cookie Alt: Pork BBQ Sandwich</p>	<p>13</p> <p>Tangerine Chicken & Broccoli Fried Rice Fortune Cookie Assorted Fruit & Milk Alt: Egg Rolls</p>	<p>14</p> <p>Stuffed Crust Pizza Romaine Tossed Salad Hummus/Celery Assorted Fruit & Milk Alt. Rib-B-Q on Roll</p>
<p>17</p> <p>Popcorn Chicken Bowl (mashed pot, chicken, corn, gravy) Assorted Fruit & Milk Alt. Calzone/Marinara</p>	<p>18</p> <p>Cheeseburger on Roll Baked Beans Curly Fries Assorted Fruit & Milk Alt. Shrimp Poppers</p>	<p>19</p> <p>Chicken Wing Dings/Sauce Romaine Tossed Salad WG Cheez-Its Assorted Fruit & Milk Alt: Meatball Sandwich</p>	<p>20</p> <p>Sausage and French Toast OR Scrambled Eggs & FT Hash Browns Assorted Fruit & Milk</p>	<p>21</p> <p>Max Cheese Stix/Marinara California Blend Veggies Assorted Fruit & Milk Alt. Sloppy Joe Sandwich</p>
<p>24</p> <p>Chicken Nuggets Steamy Peas WG Cookie Assorted Fruit & Milk Alt. Fish & Cheese Sandwich</p>	<p>25</p> <p>Grilled Cheese Sandwich Creamy Tomato Soup WG Goldfish Crackers Assorted Fruit & Milk Alt. Chicken Salad Croissant</p>	<p>26</p> <p>Walking Taco/Salsa (Meat, cheese, lettuce) Corn & Black Bean Salad WG Churro Alt. Cheesesteak Sandwich</p>	<p>27</p> <p>Corn Dog Nuggets Tater Tots Assorted Fruit & Milk Alt. Chicken Parm Sandwich</p>	<p>28</p> <p>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
 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.)

