

# Martin Meylin Middle School

# September 2023

**Breakfast Menu:** Available daily in the cafeteria OR Breakfast Cart (7:20am to 7:30am) 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.

**\*\*\*BREAKFAST IS FREE TO ALL STUDENTS FOR THE 2023/24 SCHOOL YEAR\*\*\***

**Cafeteria Manager: Judi Wilhelm**  
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 717-358-1863



	<p><b>5</b></p> <p>Cheeseburger on Roll                  Baked Beans                  Curly Fries                  Assorted Fruit &amp; Milk</p> <p>Alt: Shrimp Popper/Roll</p>	<p><b>6</b></p> <p>Chicken Wing Dings/Sauce                  California Blend Veggies                  WG Cheez-Its                  Assorted Fruit &amp; Milk</p> <p>Alt: Sausage Sandwich</p>	<p><b>7</b></p> <p>Sausage &amp; French Toast                  Hash Browns                  Fruit &amp; Milk</p> <p>Alt: Scrambled Eggs/French Toast</p>	<p><b>8</b></p> <p>DOMINOS PIZZA                  Romaine Tossed Salad                  Hummus/Celery                  Assorted Fruit &amp; Milk                  Alt. Sloppy Joe Sandwich</p>
<p><b>11</b></p> <p>Chicken Nuggets/Roll                  Steamy Peas                  Assorted Fruit &amp; Milk</p> <p>Alt: Mini Ranch Pierogi</p>	<p><b>12</b></p> <p>Grilled Cheese Sandwich/ WG                  Goldfish Crackers                  Tomato Soup                  Assorted Fruit &amp; Milk                  Alt. Cheesesteak Sandwich</p>	<p><b>13</b></p> <p>Baked Ziti/ Garlic Knot                  Romaine Tossed Salad                  Assorted Fruit &amp; Milk</p> <p>Alt: Turkey Bacon Melt</p>	<p><b>14</b></p> <p>Corn Dog Nuggets                  Tater Tots                  Assorted Fruit &amp; Milk</p> <p>Alt: Chicken Parm Sandwich</p>	<p><b>15</b></p> <p>Stuffed Crust Pizza                  Sun Chips                  Cucumber Coins/Dip                  Assorted Fruit &amp; Milk                  Alt. Egg Roll</p>
<p><b>18</b></p> <p>Chicken Tenders                  Cinnamon Dusted Sweet Fries                  Broccoli                  WG Cookie                  Assorted Fruit &amp; Milk                  Alt. Meat Ravioli/Sauce</p>	<p><b>19</b></p> <p>Hot Dog on Roll                  (with or w/o sauerkraut)                  Smile Fries                  Assorted Fruit &amp; Milk</p> <p>Alt. Fish Sandwich</p>	<p><b>20</b></p> <p>Ham&amp;Cheese Pretzel Roll                  Steamy Peas                  WG Cheez-Its Fruit &amp; Milk</p> <p>Alt: Grilled Pepperjack Chicken Sandwich</p>	<p><b>21</b></p> <p>Crunchy Beef Tacos                  (meat,cheese,lettuce,salsa)                  Fiesta Rice &amp; Beans                  WG Churro                  Assorted Fruit &amp; Milk                  Alt. Pork Carnitas</p>	<p><b>22</b></p> <p>Stromboli/Marinara                  Romaine Tossed Salad                  Assorted Fruit &amp; Milk</p> <p>Alt. Black Bean Burger</p>
<p><b>25</b></p> <p>Homestyle Chix Sandwich                  Baked Fries                  Assorted Fruit &amp; Milk</p> <p>Alt. Spicy Chix Sandwich</p>	<p><b>26</b></p> <p>Creamy Mac &amp; Cheese/Pretzel Rod                  Green Beans                  Assorted Fruit &amp; Milk                  Alt. Meatball Parm Sandwich</p>	<p><b>27</b></p> <p>Cheese Quesadilla/Salsa                  Baked Potato                  WG Cookie</p> <p>Alt. Pork BBQ Sandwich</p>	<p><b>28</b></p> <p>Tangerine Chicken                  Broccoli/Fortune Ck                  Fried Rice                  Assorted Fruit &amp; Milk                  Alt. Asian Dumplings</p>	<p><b>29</b></p> <p>Cheese Sticks/Marinara                  Romaine Tossed Salad                  Hummus/Celery                  Assorted Fruit &amp; Milk                  Alt. Rib BBQ 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

**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.)

