

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
Judith.Wilhelm@l-spioneers.org
 717-358-1863



<p>2 Popcorn Chicken Bowl (Mashed Potato, chicken, corn, gravy)</p> <p>Alt. Calzone/Marinara</p>	<p>3 Cheeseburger on Roll Baked Beans Curly Fries Assorted Fruit & Milk</p> <p>Alt: Shrimp Popper/Roll</p>	<p>4 Chicken Wing Dings/Sauce California Blend Veggies WG Cheez-Its Assorted Fruit & Milk</p> <p>Alt. Sausage Sandwich</p>	<p>5 Sausage & French Toast Hash Browns Fruit & Milk</p> <p>Alt: Scrambled Eggs/French Toast</p>	<p style="text-align: center;">NO SCHOOL</p>
<p style="text-align: center;">NO SCHOOL</p>	<p>10 Grilled Cheese Sandwich/ WG Goldfish Crackers Tomato Soup Assorted Fruit & Milk Alt. Cheesesteak Sandwich</p>	<p>11 Baked Ziti/ Garlic Knot Romaine Tossed Salad Assorted Fruit & Milk</p> <p>Alt: Turkey Bacon Melt</p>	<p>12 Corn Dog Nuggets Tater Tots Assorted Fruit & Milk</p> <p>Alt: Chicken Parm Sandwich</p>	<p>13 DOMINO'S PIZZA Sun Chips Cucumber Coins/Dip Assorted Fruit & Milk Alt. Egg Roll</p>
<p>16 Chicken Tenders Cinnamon Dusted Sweet Fries Broccoli WG Cookie Assorted Fruit & Milk Alt. Meat Ravioli/Sauce</p>	<p>17 Hot Dog on Roll (with or w/o sauerkraut) Smile Fries Assorted Fruit & Milk</p> <p>Alt. Fish Sandwich</p>	<p>18 Ham&Cheese Pretzel Roll Steamy Peas WG Cheez-Its Fruit & Milk</p> <p>Alt: Grilled Pepperjack Chicken Sandwich</p>	<p>19 Crunchy Beef Tacos (meat, cheese, lettuce, salsa) Fiesta Rice & Beans WG Churro Assorted Fruit & Milk Alt. Pork Carnitas</p>	<p>20 Stromboli/Marinara Romaine Tossed Salad Assorted Fruit & Milk</p> <p>Alt. Black Bean Burger</p>
<p>23 Homestyle Chix Sandwich Baked Fries Assorted Fruit & Milk</p> <p>Alt. Spicy Chix Sandwich</p>	<p>24 Creamy Mac & Cheese/Pretzel Rod Green Beans Assorted Fruit & Milk Alt. Meatball Parm Sandwich</p>	<p>25 Cheese Quesadilla/Salsa Baked Potato WG Cookie</p> <p>Alt. Pork BBQ Sandwich</p>	<p>26 Tangerine Chicken Broccoli/Fortune Ck Fried Rice Assorted Fruit & Milk Alt. Asian Dumplings</p>	<p>27 Cheese Sticks/Marinara Romaine Tossed Salad Hummus/Celery Assorted Fruit & 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.)

