


LUNCH MENU






L-S Martin Meylin 6-8

Milk \$.60 Student Lunch \$3.00 Adult Lunch \$5.00

October 2024

 Apples help support healthy digestion, brain health and weight management.

Lunch includes one entrée, your choice of 2 vegetables and/or 2 fruits and choice of milk.

Monday, 9/30 	Tuesday, 10/1	Wednesday, 10/2 	Thursday, 10/3	Friday, 10/4	Daily:
Chicken Tenders w/ Dinner Roll Cinn Dusted Sweet Fries Broccoli Applesauce Asst Fruit/Milk <i>Alt: Spicy Chicken Sandwich</i>	Hot Dog on Roll Baked Beans Smile Fries Pineapple Tidbits Asst Fruit/Milk <i>Alt: Seasoned Cheese Bites</i>	Ham & Cheese/Pretzel Roll Peas Warm Apple Slices Fruit Slushie Asst Fruit/Milk <i>Alt: Grilled Pepperjack chic Sandwich</i>	Walking Taco Fiesta Rice & Beans WG Churro Peach Cups Asst Fruit/Milk <i>Alt: Pork Carnitas</i>	Stromboli/Marinara Romaine Tossed Salad Broccoli Mixed Fruit Asst Fruit/Milk <i>Alt: Fish Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 10/7 	Tuesday, 10/8	Wednesday, 10/9	Thursday, 10/10 ED	Friday, 10/11	Daily:
Chicken Patty Sandwich Potato Wedges Apple Slices Asst Fruit/Milk <i>Alt: Cheesy Pull Apart</i>	Creamy Mac & Cheese Green Beans Pretzel Stick Mandarin Oranges Asst fruit/Milk <i>Alt: Meat Parm Sub</i>	Cheese Quesadilla/Salsa Fingerling Potatoes Grape Tomatoes w/Dip Fruit Slushie Asst Fruit/Milk <i>Alt: Pork BBQ Sandwich</i>	Tangerine Chicken Broccoli Fried Rice Fortune Cookie Grapes Asst Fruit/Milk <i>Alt: Asian Dumpling</i>	No School	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 10/14	Tuesday, 10/15	Wednesday, 10/16	Thursday, 10/17	Friday, 10/18 	Daily:
No School	Cheeseburger on Roll Curly Fries Baked Beans Pineapple Tidbits Asst Fruit/Milk <i>Alt: Shrimp Popper</i>	Chic Wing Ding w/ Roll Cheese its Broccoli Salad Fruit Slushie Asst Fruit/Milk <i>Alt: Sausage Sandwich</i>	Sausage/French Toast Hash Brown Peach Cups Asst Fruit/Milk <i>Alt: Scrambled Eggs/French Toast</i>	Dominos' Pizza Romaine Tossed Salad Sun Chips Apple Crisp Mixed Fruit Asst Fruit/Milk <i>Alt: Sloppy Joe Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 10/21 	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25	Daily:
Chicken Nuggets w/ Roll California Blend Apple Slices Asst Fruit/Milk <i>Alt: Mini Ranch Pierogis</i>	Grilled Cheese Tomato Soup WG Goldfish Mandarin Oranges Asst Fruit/Milk <i>Alt: Cheesesteak Sandwich</i>	Baked Ziti Garlic Knot Romaine Tossed Salad Fruit Slushie Asst Fruit/Milk <i>Alt: Turkey Bacon Melt</i>	Corn Dog Nuggets Baked Fries Mixed Veggies Grapes Asst Fruit/Milk <i>Alt: Chicken Parm Sandwich</i>	Stuffed Crust Pizza Hummus/Celery Mixed Fruit Asst Fruit/Milk <i>Alt: Egg Roll</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 10/28 	Tuesday, 10/29	Wednesday, 10/30 	Thursday, 10/31 	Friday, 11/1	Daily:
Chicken Tenders w/ Dinner Roll Cinn Dusted Sweet Fries Broccoli Applesauce Asst Fruit/Milk <i>Alt: Spicy Chicken Sandwich</i>	Walking Taco Fiesta Rice & Beans WG Churro Peach Cups Asst Fruit/Milk <i>Alt: Seasoned Cheese Bites</i>	Ham & Cheese/Pretzel Roll Peas Warm Apple Slices Fruit Slushie Asst Fruit/Milk <i>Alt: Grilled Pepperjack chic Sandwich</i>	Grilled Chicken Cheese Sandwich Spooky Spuds Baked Beans Halloween Jello Cinnamon Applesauce Asst Fruit/Milk <i>Alt: Pork Carnitas</i>	Stromboli/Marinara Romaine Tossed Salad Broccoli Mixed Fruit Asst Fruit/Milk <i>Alt: Fish Sandwich</i>	Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream

Martin Meylin Kitchen Manager:

717-464-3311 EXT 3013

This institution is an equal opportunity employer and provider.

Menu subject to change without notice. 9/11/24 KAS