







Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches & Wraps
 Breakfast for Lunch! Choice of French Toast, Waffles, or Pancakes. Served with Scrambled Eggs, Bacon or Sausage, and Assorted Breakfast Potatoes.					
3 Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll FEATURED VEGGIES Zucchini Fresh Bruschetta	4 Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries Tossed Salad	5 Hot Ham & Cheese Pretzel Melt Nashville Hot Chicken Maple Flatbread FEATURED VEGGIES Sweet Potato Fries Chickpea Salad	6 Nachos Grande FEATURED VEGGIES Fresh Pico de Gallo Ranch Refried Beans	7 Italian Dunkers with Marinara (V) FEATURED VEGGIES Steamed Green Beans Tomato Mozzarella Salad	
 Pasta! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
10 General Tso's Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Cucumber Salad	11 Beef Enchilada Black Bean Enchilada (V) FEATURED VEGGIES Curly Fries Black Bean Salsa	12 Chicken Tenders with Buttered Noodles FEATURED VEGGIES Glazed Carrots Cucumber & Tomato Salad	13 Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Celery Sticks	14 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn Broccoli Salad	
 Poblano's Mex-American! Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, and nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)					
17 Italian Meatball & Cheese on Toasted Baguette Italian Dunkers with Sauce (V) FEATURED VEGGIES Green Beans Baby Carrots	18 Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Sweet Chili Brussels Strawberry Spinach Salad	19 Cowboy Burger FEATURED VEGGIES Curly Fries Sliced Cucumbers	 20 Turkey with Gravy House-Made Stuffing FEATURED VEGGIES Mashed Potatoes Green Beans	21 Chicken Alfredo with Garlic Knot FEATURED VEGGIES Roasted Broccoli Chickpea Salad	
24 25 26 27 28 NO SCHOOL NO SCHOOL NO SCHOOL NO SCHOOL NO SCHOOL					
Meal Prices Samuel Garman, General Manager 717.367.1533 ext. 21057 ma1141@metzcorp.com					
			Student Lunch \$2.65 Reduced Lunch \$0.00 Faculty Lunch \$4.25		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

