








Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?						
 Cyclone Street Noodles! Lo mein noodles served with choice of chicken or pork, stir-fried cabbage, sautéed red pepper, veggie stir-fry, or steamed broccoli. Tossed with sweet chili, soy garlic, or orange sauce. Customizable for (V)					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.						
		1 Dip & Dust Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	2 Classic Italian Super Sub FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	3 NO SCHOOL							
 Texas Smokehouse! Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of Kaiser roll or corn bread, and a variety of BBQ sauces.					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 chocolate						
6 NO SCHOOL	7 Beef or Chicken Nachos Grande with Cheddar Cheese Sauce FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	8 Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	9 Ham, Egg, & Cheese Croissant OR Sausage, Egg, & Cheese Muffin FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	10 Tortellini in Meat Sauce with Garlic Bread FEATURED VEGGIES Roasted Zucchini Caesar Salad							
 Mac & Cheese! Noodles with choice of house made cheese sauce. Add taco beef, pulled pork, buffalo chicken, or chili. Served with roasted lemon-parmesan broccoli, sautéed red peppers, and choice of shredded cheese. Customizable for (V)					Daily Alternates Fresh Entree Weekly Cold Cut Sandwiches & Wraps						
13 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Green Bean Casserole Broccoli Salad	14 Birria Pork Tacos with Pickled Onions, Birria Broth & Fresh Pico FEATURED VEGGIES Steamed Golden Corn Baby Carrots	15 Loaded Baked Potato FEATURED VEGGIES Curried Chickpea Salad Fresh Cauliflower	16 Variety of Toasted Crafted Flatbreads FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	17 Baha Fish Sandwich on a Whole Grain Bun FEATURED VEGGIES Roasted BBQ Cauliflower Cilantro Lime Slaw							
 Loaded Fries! Fries or Baked Potato with choice of Buffalo chicken, seasoned beef, seasoned pork, and an assortment of toppings, cheeses, and sauces											
20 Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll FEATURED VEGGIES Zucchini Fresh Bruschetta	21 Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries Tossed Salad	22 Hot Ham & Cheese Pretzel Melt FEATURED VEGGIES Sweet Potato Fries Chickpea Salad	23 Build-Your-Own Burger FEATURED VEGGIES BBQ Baked Beans Coleslaw	24 Italian Dunkers with Marinara 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)											
27 General Tso's Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Edamame	28 Beef Enchilada FEATURED VEGGIES Curly Fries Black Bean Salsa	29 Chicken Tenders with Buttered Noodles FEATURED VEGGIES Glazed Carrots Cucumber & Tomato Salad	30 Classic Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Celery Sticks								
<p align="center">Meal Prices</p> <table border="0"> <tr> <td>Student Lunch</td> <td>\$2.65</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.25</td> </tr> </table>					Student Lunch	\$2.65	Reduced Lunch	\$0.00	Faculty Lunch	\$4.25	
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Samuel Garman, General Manager 717.367.1533 ext. 21057 ma1141@metzcorp.com											

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

