


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 chocolate Daily Alternates Fresh Entree Weekly Cold Cut Sandwiches & Wraps
bravo! Pasta! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese.					
1					
Popcorn Chicken Mashed Potato Bowl with Roll					
FEATURED VEGGIES Steamed Corn Broccoli Salad					
bravo! Poblano's Mex-American! Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas.					
4 5 6 7 8					
Italian Meatball & Cheese on Toasted Baguette	Pepper Steak Bowl with Lo Mein Noodles	Cowboy Burger	Chicken Cheesesteak or Beef Cheesesteak with Peppers & Onions	Chicken Alfredo	
FEATURED VEGGIES Green Beans Baby Carrots	FEATURED VEGGIES Sweet Chili Brussels Caesar Salad	FEATURED VEGGIES Curly Fries Sliced Cucumbers	FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	FEATURED VEGGIES Roasted Broccoli Chickpea Salad	
bravo! 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)					
11 12 13 14 15					
Cheeseburger Tater Tot Bowl	Orange Chicken with Scallions over Fried Rice	Dip & Dust Wings with Garlic Knot	Classic Italian Super Sub	Buffalo Chicken Dip with Tortilla Chips	
FEATURED VEGGIES Tater Tots Baby Carrots	FEATURED VEGGIES Sesame Green Beans Strawberry Spinach Salad	FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	FEATURED VEGGIES Lemon-Parmesan Broccoli Baby Carrots	
bravo! 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.					
18 19 20 21 22					
Spaghetti w/Meat Sauce with Garlic Knot	Beef or Chicken Nachos Grande with Cheddar Cheese Sauce	Hawaiian Pork Sandwich on Toasted Ciabatta	Ham, Egg, & Cheese Croissant or Sausage, Egg, & Cheese Muffin	Tortellini in Meat Sauce with Garlic Bread	
FEATURED VEGGIES Steamed Mixed Veggies Tomato Mozzarella Salad	FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	FEATURED VEGGIES Roasted Zucchini Caesar Salad	
bravo! Mac & Cheese! Noodles with choice of house made cheese sauce. Add taco beef, pulled pork, buffalo chicken, and/or chili. Served with roasted lemon-parmesan broccoli, sauteed red peppers, and choice of shredded cheese.					
25 26 27 28 29					
NO SCHOOL	CHEF'S CHOICE	CHEF'S CHOICE	CHEF'S CHOICE	CHEF'S CHOICE	
Samuel Garman, General Manager 717.367.1533 ext. 21057 samuel.garman@metzcorp.com					
Meal Prices Student Lunch \$2.65 Reduced Lunch \$0.00 Faculty Lunch \$4.25					

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan
These items do not contain any animal products



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

