



Monday	Tuesday	Wednesday	Thursday	Friday
<b>bravo!</b>				
		1	2	3
<b>HAPPY SPRING BREAK!</b>				
<b>bravo!</b> <b>Texas Smokehouse!</b> Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, and slaw. Variety of BBQ sauces.				
6 NO SCHOOL	7 Beef or Chicken Nachos Grande  <b>FEATURED VEGGIES</b> Ranch Refried Bean Dip Fresh Pico de Gallo	8 Homemade French Toast w/ Sausage  <b>FEATURED VEGGIES</b> Tater Tots Celery Sticks	9 Beef Gyro  <b>FEATURED VEGGIES</b> Buffalo Cauliflower Broccoli Salad	10 Chef Choice  <b>FEATURED VEGGIES</b> Hot Vegetable Cold Vegetable
<b>bravo!</b> <b>Loaded!</b> Loaded Baked Potatoes, Nachos, Burger Bar, Fries or Tots, and Loaded Pierogies				
13 Chicken Nuggets with Buttered Noodles  <b>FEATURED VEGGIES</b> Cheesy Carrot Casserole Broccoli Salad	14 Birria Pork or Chicken Tacos with Pickled Onions, Birria Broth & Fresh Pico  <b>FEATURED VEGGIES</b> Mexicali Corn Baby Carrots	15 Spaghetti & Meatballs w/ Dinner Roll  <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Cole Slaw	16 Variety of Toasted Crafted Flatbreads  <b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozzarella Salad	17 Chef Choice  <b>FEATURED VEGGIES</b> Hot Vegetable Cold Vegetable
<b>bravo!</b> <b>Breakfast Bar!</b> Pancake Bar, Breakfast Tacos, Sandwiches, Homemade French Toast, Breakfast Burritos				
20 Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll  <b>FEATURED VEGGIES</b> Roasted Carrots Fresh Bruschetta	21 Cheesy Chicken Broccoli Bowl  <b>FEATURED VEGGIES</b> Steamed Broccoli Coleslaw	22 Hot Ham & Cheese Pretzel Melt  <b>FEATURED VEGGIES</b> Chicken Noodle Soup Chickpea Salad	23 Chef Choice  <b>FEATURED VEGGIES</b> Hot Vegetable Cold Vegetable	24 NO SCHOOL
<b>bravo!</b> <b>Noodle Bar!</b> Meatballs, Pulled Pork, Taco Meat, Alfredo, Marinara, Cheese Sauce. Customizable (V)				
27 General Tso's Chicken over Brown Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad	28 Beef, Chicken or Black Beans (V) Enchilada  <b>FEATURED VEGGIES</b> Curly Fries Black Bean Salsa	29 Chicken Parm Sandwich  <b>FEATURED VEGGIES</b> Glazed Carrots Cucumber & Tomato Salad	30 Grilled Ham & Cheese Sandwich  <b>FEATURED VEGGIES</b> Tomato Soup Celery Sticks	
<b>Your Team</b> Michael Carbone, General Manager 717.240.6800 ext. 26804 <a href="mailto:ma1154@metzcorp.com">ma1154@metzcorp.com</a>		<b>Meal Prices</b> Student Lunch \$3.20 Reduced Lunch FREE Faculty Lunch \$4.50		

## 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, fat-free strawberry, fat-free vanilla

## Daily Alternates

Fresh Entree Salads  
Cold Cut Sandwiches & Wraps  
PB & J

### (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.

