



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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free chocolate, fat-free strawberry, fat-free vanilla  <b>Daily Alternates</b> Fresh Entree Salads Cold Cut Sandwiches & Wraps PB & J
<b>Loaded!</b> Loaded Baked Potatoes, Nachos, Burger Bar, Fries or Tater Tots, and Loaded Pierogies					
<p>2</p> <p>Spaghetti and Meatballs With Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Lemon Parm Broccoli Cherry Tomatoes</p>	<p>3</p> <p>Birria Pork Tacos with Pickled Onions, Birria Broth &amp; Fresh Pico</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn Baby Carrots</p>	<p>4</p> <p>Smoky Turkey Chili with Warm Cornbread</p> <p><b>FEATURED VEGGIES</b> Ranchero Carrots Celery Sticks</p>	<p>5</p> <p>Variety of Toasted Crafted Flatbreads</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozzarella Salad</p>	<p>6</p> <p>Popcorn Chicken with Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Cheesy Carrot Casserole Broccoli Salad</p>	
<b>Breakfast Bar!</b> Pancake Bar, Breakfast Tacos, Sandwiches, Homemade French Toast, Breakfast Burritos					
<p>9</p> <p>Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll</p> <p><b>FEATURED VEGGIES</b> Ranchero Carrots Fresh Bruschetta</p>	<p>10</p> <p>Buffalo Chicken or Seasoned Steak over French Fries</p> <p><b>FEATURED VEGGIES</b> Oven Fries Tossed Salad</p>	<p>11</p> <p>Hot Ham &amp; Cheese Pretzel Melt</p> <p><b>FEATURED VEGGIES</b> Vegetable Soup Chickpea Salad</p>	<p>12</p> <p>Cheesy Chicken Broccoli Bowl</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Coleslaw</p>	<p>13</p> <p>Pizza Casserole</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Baby Carrots</p>	
<b>Noodle Bar!</b> Meatballs, Pulled Pork, Taco Meat, Alfredo, Cajun Alfredo, Marinara, Homemade Cheese Sauce. Customizable for (V)					
<p>16</p> <p>General Tso's Chicken over Brown Rice</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad</p>	<p>17</p> <p> Turkey Reuben Sandwich</p> <p><b>FEATURED VEGGIES</b> Potato Wedges Celery Sticks</p>	<p>18</p> <p>Beef or Chicken Enchilada Black Bean Enchilada (V)</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn Black Bean Salsa</p>	<p>19</p> <p>Grilled Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Baby Carrots</p>	<p>20</p> <p>Popcorn Chicken Mashed Potato Bowl with Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Broccoli Salad</p>	
<b>Poblanos Mex-American!</b> 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. Customizable for (V)					
<p>23</p> <p>Italian Meatball &amp; Cheese Sub</p> <p><b>FEATURED VEGGIES</b> Green Beans Baby Carrots</p>	<p>24</p> <p>Chicken Fajita Bowl</p> <p><b>FEATURED VEGGIES</b> Roasted Peppers &amp; Onions Tomato Mozz Salad</p>	<p>25</p> <p>Baked Pasta with Breadstick</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots</p>	<p>26</p> <p>Chicken Cheesesteak or Birria Beef Cheesesteak with Pickled Red Onions</p> <p><b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Grape Tomatoes</p>	<p>27</p> <p>Chicken Gravy over Biscuits</p> <p><b>FEATURED VEGGIES</b> Green Peas Chickpea Salad</p>	
<b>Asian Bar!</b> Noodle Bowl, Lo Mein, Fried Rice Bar, Curry Bar, Beef & Broccoli, Sweet and Sour Chicken					
<p>30</p> <p>NO SCHOOL</p>	<p>31</p> <p>NO SCHOOL</p>				
<p><b>Your Team</b> Michael Carbone, General Manager 717.240.6800 ext. 26804 <a href="mailto:ma1154@metzcorp.com">ma1154@metzcorp.com</a></p>		<p><b>Meal Prices</b> Student Lunch \$3.20 Reduced Lunch FREE Faculty Lunch \$4.50</p>			

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

