

Monday 11/5/17	Tuesday 11/6/17	Wednesday 11/7/17	Thursday 11/8/17	Friday 11/9/17
Cheese Burger On a wg Bun or Ravioli with meatsauce	Hot Dog On a wg Bun or Nachos Grande Tortilla Chips	Italian Meatballs & Cheese On a wg Roll or Chicken Nuggets with Whole Grain Roll	Cheese Steak On a wg Roll or Chicken Patty On a wg Bun	Periogies or Cheese Pizza Sticks
Featured Veggies: Lettuce & Tomato Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Mashed Potatoes Fresh Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Italian Salad Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Green Peas Choice of Fruit Choice of Milk

Weekly Featured Salad Garden with chicken
Wrap Turkey Bacon Cheddar

11/12/17	11/13/17	11/14/17	11/15/17	11/16/17
Mac and Cheese with Whole Grain Roll or Italian Meatballs & Cheese On a wg Bun	Thanksgiving Turkey Dinner Roll or Mashed potato Corn and Stuffing	Popcorn Chicken Brown Rice or Pulled Pork On a wg Bun	Corn Dog with Pretzel Rod or Cheese Burger On a wg Bun	Half Day No Lunch
Featured Veggies: Lettuce & Tomato Stewed Tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Fresh Broccoli Cranberry Sauce Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Italian Salad Choice of Fruit Choice of Milk	Featured Veggies: Curley Fries Red Pepper Strips Choice of Fruit Choice of Milk	

Weekly Featured Salad Chicken Caesar
Wrap Chicken Caesar

11/19/17	11/20/17	11/21/17	11/22/17	11/23/17
French Toast Sticks With a Sausage Patty or Chicken Alfredo with Penne	Chicken Nuggets with Whole Grain Roll or Nacho Grande Tortilla Chips	Half Day No Lunch	No School	No School
Featured Veggies: Lettuce & Tomato Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Corn Salsa Choice of Fruit Choice of Milk			

Weekly Featured Salad Garden with chicken
Wrap Chicken Bacon Ranch

11/26/17	11/27/17	11/28/17	11/29/17	11/30/17
No School	Hot Dog On a wg Bun or Nachos Grande Tortilla Chips	Toasted Cheese Sandwich or Chicken Nuggets with Whole Grain Roll	Popcorn Chicken Mashed Potato Bowl or Cheesesteak On a wg Roll	Sloppy Joes or Cheesy Pizza
	Featured Veggies: Refried Beans Italian Salad Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Lettuce & Tomato Choice of Fruit Choice of Milk

Weekly Featured Salad Chicken Caesar
Wrap Chicken Caesar

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy White - potatoes, corn, peas and lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:

Daily entrée options may include:

Garden Salad with Whole Wheat Roll

Ham & Cheese or Turkey & Cheese Sandwich

Please take a look at the **NEW** Wraps that we will be making this month.

These will be in addition to the sandwich and salad option.



Logo of the

Student Paid Lunch \$2.85
Student Reduced Lunch \$0.40
Adult Lunch \$3.85

General Manager Mike Heimbuch Phone Number 717-856-3074

Email ma1082@metzcorp.com

Menu is subject to change

This institution is an equal opportunity provider