

Monday 12/3/18	Tuesday 12/4/18	Wednesday 12/5/18	Thursday 12/6/18	Friday 12/7/18
Mac and Cheese with a pretzel stick or Cheese Burger On a wg Bun	Chicken Alfredo With Pasta or Nacho Grande Tortilla Chips	Chicken Patty On a wg Bun or Pork BBQ On a wg Bun	Corn Dog with Whole Grain Roll or Hot Ham and Cheese On a Pretzel Roll	Pierogies or Cheesy Pizza
Featured Veggies: Cucumber Slices Red pepper strips Choice of Fruit Choice of Milk	Featured Veggies: Lettuce & Tomato Steamed Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Cucumber Salad Choice of Fruit Choice of Milk	Featured Veggies: Curley Fries Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Green Beans Choice of Fruit Choice of Milk

Weekly Featured Salad Garden Chicken

Wrap Turkey and Cheese

12/10/18	12/11/18	12/12/18	12/13/18	12/14/18
Cheese Burger On a wg Bun or Ravioli with meatsauce	Chicken n Cheese Quesadilla or Nacho Grande Tortilla Chips	Mac and Cheese with Whole Grain Roll or Cheese Steak On a wg Roll	Hot Dog On a wg Bun or Meatball Sub	Chicken Nuggets Pretzel Stick or Pizza
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	Featured Veggies: Fresh Broccoli Stewed Tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Italian Salad Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Red Pepper Strips Choice of Fruit Choice of Milk

Weekly Featured Salad Garden Chicken

Wrap Ham and Cheese

12/17/18	12/18/18	12/19/18	12/20/18	12/21/18
Chicken Parm On a wg Bun or Penne and Meatballs On a wg Roll	Chicken Nuggets with Whole Grain Roll or Nachos Grande Tortilla Chips	French Toast Sticks with Sausage or Hot Ham & Cheese On a Pretzel Roll	Pork BBQ Sandwich or Pizza	1/2 Day
Featured Veggies: Green Beans Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Corn Choice of Fruit Choice of Milk	Featured Veggies: Stewed Tomatoes Fresh Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Red Pepper Strips Choice of Fruit Choice of Milk	

Weekly Featured Salad Garden with Chicken

Wrap Chicken Bacon Ranch

12/24/18	12/25/18	12/26/18	12/27/18	12/28/18
No School	No School	No School	No School	No School

12/31/18	1/1/19	1/2/19	1/3/19	1/4/19

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