MARCH 2024



Tuesday

MIDDLE SCHOOL LUNCH MENU

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 ving 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, fat-free white & chocolate

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 - potatoes, corn, peas & 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, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home:

Weekly entrée options may include: Assorted cold sandwiches and hoagies including turkey and cheese, ham and cheese, and italian hoagie. Assorted Salads Daily Peanut Butter and Jelly Offered Daily

Lunch Prices Students Reduced- \$0.00 Students Paid- \$2.65



Phone Number-(570)674-7208 ext:1039 Email- ma1042@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday

General Tso Chicken Steamed Rice

Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk

with Soft Tortilla Shells

Featured Veggies: Steamed Corn Choice of Fruit Choice of Milk

Breaded Chicken Tenders Dinner Roll

Featured Veggies:

Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk

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Pierogies with Butter

Featured Veggies:

Green Beans Fresh Vegetables Choice of Fruit Choice of Milk

Mountaineer Hoagie Buffalo Chicken Cheesesteak

Featured Veggies:

Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk

Beef Tacos

Fresh Vegetables

Nacho Grande Topping Bar

Featured Veggies:

Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk

Chicken Fajitas Topping Bar

Featured Veggies:

Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk

26

Walking Taco Topping Bar

Featured Veggies:

Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk

Wednesday

Hot Dog Topping Bar

Featured Veggies: Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk

13

Buffalo Chicken Bites Dinner Roll

Featured Veggies:

Smiley Fries Fresh Vegetables Choice of Fruit Choice of Milk

20

Chicken Parmesan Sandwich

Featured Veggies:

Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk

> 27 1/2 DAY

Chef's Choice

Thursday

Cheesesteak Hoagie Onions and Peppers

Featured Veggies: Green Beans

Fresh Vegetables Choice of Fruit Choice of Milk

14

Macaroni & Cheese

Dinner Roll

Stewed Tomatoes

Featured Veggies:

Green Beans

Fresh Vegetables

Choice of Fruit

Choice of Milk

Pepperoni Pizza

Filled Breadsticks

Featured Veggies:

Steames Peas

Fresh Vegetables

Choice of Fruit

Choice of Milk

Texas Toast Grilled Cheese Tomato Soup

Friday

Italian Dunkers

with Dipping Sauce

Featured Veggies:

Steamed Carrots

Fresh Vegetables

Choice of Fruit

Choice of Milk

Featured Veggies: Steamed Peas Fresh Vegetables

Choice of Fruit Choice of Milk

15

Italian Dunkers with Dipping Sauce

Featured Veggies:

Steamed Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk

22

Chef's Choice

Featured Veggies:

Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk



A A A A A A A A A SCHOOL'S OUT

EASTER

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