

February
2024



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 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

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
Daily entrée options include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Spicy Chicken Patty on a Bun
Cheese or Pepperoni Pizza
Specialty Pizza

Chef Fresh
Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.

To add funds to your child's account, please visit:
SCHOOLCAFE.COM

****Menu subject to change due to product availability****

Monday	Tuesday	Wednesday	Thursday	Friday
			2/1/24 Texas Toast Grilled Cheese Tomato Soup Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/2/24 Cheese Filled Breadsticks Marinara Dipping Sauce Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
2/5/24 BBQ Rib Patty Featured Veggies: Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	2/6/24 Walking Taco Topping Bar Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	2/7/24 Chicken Parmesan Sandwich Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/8/24 Buffalo Chicken Dip Tortilla Chips Featured Veggies: Mixed Vegetable Fresh Vegetables Choice of Fruit Choice of Milk	2/9/24 Hot Ham & Cheese on a Pretzel Bun Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
2/12/24 Meatball Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	2/13/24 Nacho Grande Topping Bar Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	2/14/24 Cheese Filled Breadsticks Marinara Dipping Sauce Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/15/24 Sweedish Meatballs Buttered Noodles Featured Veggies: Green Beans Steamed Corn Choice of Fruit Choice of Milk	2/16/24 1/2 Day Chef's Choice Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
2/19/24 	2/20/24 	2/21/24 Pasta Bar Choice of Meatballs & Marinara or Chicken Alfredo Garlic Breadstick Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	2/22/24 Sesame Chicken Steamed Rice Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	2/23/24 Breakfast For Lunch French Toast Sticks Breakfast Sausage Featured Veggies: Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk
2/26/24 Salisbury Steak Dinner Roll Featured Veggies: Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk	2/27/24 Walking Taco Topping Bar Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	2/28/24 Corn Dog on a Stick Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	2/29/24 Breaded Chicken Tenders Dinner Roll Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	

Lunch Prices
Student \$2.65
Reduced \$4.00
Adult \$4.00

General Manager
Tracy Drank
Phone Number
570-674-7208 ext. 1039
ma1042@metzcorp.com

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