

February-March  
2023



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 may include:  
Cheese Burger on a Bun  
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](http://SCHOOLCAFE.COM)

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

**Lunch Prices**  
Student \$2.65  
Reduced \$.40  
Adult \$3.60

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

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/13/23</b> Corn Dog on a Stick or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	<b>2/14/23</b> Chicken Nuggets with Dinner Roll or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	<b>2/15/23</b> Chicken Fingers with Pretzel Stick or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>2/16/23</b> French Bread Pizza or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Seasoned Corn Fresh Broccoli Florets Choice of Fruit Choice of Milk	<b>2/17/23</b> Act 80 Day  Cheeseburger on a Bun  Choice of Fresh Vegetable Choice of Fruit Choice of Milk
<b>2/20/23</b>  Presidents' Day No School	<b>2/21/23</b>  Teacher In-Service No School Hot Dog on a Bun	<b>2/22/23</b>  Early Dismissal	<b>2/23/23</b> Breakfast for Lunch Pancake & Sausage Stick or Italian Hoagie  <b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk	<b>2/24/23</b>  Pierogies with Pretzel Stick or Italian Hoagie  <b>Featured Veggies:</b> Steamed Green Beans Celery Sticks Choice of Fruit Choice of Milk
<b>2/27/23</b> Pepperoni Pizza Filled Breadstick or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	<b>2/28/23</b>  Snow Day	<b>3/1/23</b> Hot Dog on a Bun or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Seasoned Corn Celery Sticks Choice of Fruit Choice of Milk	<b>3/2/23</b> Walking Tacos with Tortilla Chips or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Carrots Grape Tomatoes Choice of Fruit Choice of Milk	<b>3/3/23</b> Macaroni & Cheese or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Peas Baby Carrots Choice of Fruit Choice of Milk
<b>3/6/23</b> Mountaineer Hoagie on a Roll or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Mixed Vegetables Fresh Broccoli Florets Choice of Fruit Choice of Milk	<b>3/7/23</b> BBQ Pulled Pork Sandwich or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	<b>3/8/23</b> Chicken Nuggets with Dinner Roll or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	<b>3/9/23</b> Corn Dog on a Stick or Turkey & Cheese Hoagie  <b>Featured Veggies:</b> Seasoned Corn Baby Carrots Choice of Fruit Choice of Milk	<b>3/10/23</b>  Early Dismissal
<b>3/13/23</b> Bacon Cheeseburger on a Bun or Italian Hoagie  <b>Featured Veggies:</b> Steamed Peas Celery Sticks Choice of Fruit Choice of Milk	<b>3/14/23</b>  No School Snow Day	<b>3/15/23</b> French Bread Pizza or Italian Hoagie  <b>Featured Veggies:</b> Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>3/16/23</b> Popcorn Chicken with Pretzel Stick or Italian Hoagie  <b>Featured Veggies:</b> Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	<b>3/17/23</b> Act 80 Day  Cheeseburger on a Bun  Choice of Fresh Vegetable Choice of Fruit Choice of Milk
<b>3/20/23</b> Hot Dog on a Bun or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Carrots Fresh Broccoli Florets Choice of Fruit Choice of Milk	<b>3/21/23</b> Mashed Potato Bowl or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Seasoned Corn Celery Sticks Choice of Fruit Choice of Milk	<b>3/22/23</b> Breakfast for Lunch French Toast & Sausage or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Tater Tots Grape Tomatoes Choice of Fruit Choice of Milk	<b>3/23/23</b> Pepperoni Pizza Filled Breadstick or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Steamed Peas Baby Carrots Choice of Fruit Choice of Milk	<b>3/24/23</b> Pierogies with Dinner Roll or Ham & Cheese Hoagie  <b>Featured Veggies:</b> Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk