Middletown Area School District
High School Lunch Menu

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
bravo! **Poblano's Mex-American!** Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, and nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)				
		1 Cowboy Burger Black Bean Burger (V) FEATURED VEGGIES Fries Fresh Cucumbers	**2** Chicken or Beef Cheesesteak FEATURED VEGGIES Sautéed Green Beans Fresh Grape Tomatoes	**3** NO SCHOOL
bravo! **Rice Bowl!** Steamed or Fried Brown Rice served with choice of chicken or pork, stir-fry cabbage, sautéed red pepper, veggie stir-fry, or steamed broccoli. Tossed with sweet chili, soy garlic, or orange sauce. Customizable for (V)				
6 NO SCHOOL	**7** Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Broccoli Caesar Salad	**8** Swedish Meatballs Over Butter Noodles & Gravy FEATURED VEGGIES Celery Steamed Mixed Veggies	**9** Open Face Turkey Sandwich w/ Gravy FEATURED VEGGIES Mashed Potatoes Tomato Mozzarella Salad	**10** Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Lemon-Parmesan Broccoli Baby Carrots
bravo! **Loaded Potato Bar:** Baked Potatoes, Fries or Wedges topped with options such as Buffalo Chicken, BBQ Pulled Pork, seasoned Beef with Gravy. Paired with Vegetables to enjoy alone or add to the Potato Option.				
13 Chicken Tenders w Seasoned Rice FEATURED VEGGIES Mixed Vegetables Side Garden Salad	**14** Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Salsa	**15** Pulled Pork Sandwich on a Whole Wheat Roll FEATURED VEGGIES Sweet Potato Fries Cole Slaw	**16** Popcorn Chicken Mash Potato Bowl FEATURED VEGGIES Steamed Corn Green Pepper Strips	**17** Baked Ziti With Garlic Bread FEATURED VEGGIES Fresh Cucumber Caesar Side Salad
bravo! **Mac & Cheese!** Noodles with a choice of house made cheese sauce. Protein options offered may include taco beef, pulled pork buffalo chicken, and or chili. Offered with Broccoli, sautéed red peppers, and choice of shredded cheese. Customizable for (V)				
20 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Steamed Carrots Broccoli Salad	**21** Soft Shell Tacos FEATURED VEGGIES Black Bean Salsa Celery Sticks	**22** **Celebrate Earth Day** Korean Beef & Lentil Tacos FEATURED VEGGIES Mexican Street Corn Salad Broccoli	**23** Roasted Chicken With Red Roasted Potatoes FEATURED VEGGIES Steamed Garden Peas Cucumbers	**24** Fish Sticks With Whole Grain Dinner Roll FEATURED VEGGIES Fries Cole Slaw
bravo! **Dip & Dust Wings!** Choice of Traditional or boneless. Served with a variety of sauce and seasonings that may include hot, BBQ, hot honey, lemon pepper etc. Pare with potatoes, choice of vegetable, and blue cheese or ranch dressing. (V)				
27 Bacon Cheeseburger w/ J. Clarke Grill Sauce FEATURED VEGGIES Crinkle Cut French Fries Coleslaw	**28** Pork Tacos In a Soft Shell FEATURED VEGGIES Salsa Celery Sticks	**29** Chicken Parmesan Over Pasta w/Garlic Bread FEATURED VEGGIES Steamed Green Beans Caesar Side Salad	**30** Homemade Macaroni & Cheese (V) FEATURED VEGGIES Broccoli Mixed Vegetables	

Your Team Powered by Metz Culinary Management

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Meal Prices

Student Lunch $2.65
Faculty Lunch $4.50

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, lactose free white, fat-free chocolate

Daily Alternates

Weekly Cold Cut Sandwiches, Salads & Wraps

Fresh Oven Fired Pizza, option of Cheese, Pepperoni and a Specialty Pizza changing weekly.

J. Clarkes grill offers sandwiches options that include: Chicken Patty, Spicy Chicken Patties, and Cheeseburgers. May include "Chef's Choice" sandwich or Grab-N-Go option.

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan
These items do not contain any animal products

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.