Middletown Area School District
High School Lunch Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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)				
2 Homemade Macaroni & Cheese (V) **FEATURED VEGGIES** Steamed Broccoli Chickpea Salad	**3** Pork Tacos In a Soft Shell **FEATURED VEGGIES** Steamed Corn Celery Sticks	**4** Chicken Parmesan Over Pasta w/Garlic Bread **FEATURED VEGGIES** Steamed Green Beans Caesar Side Salad	**5** Bacon Cheeseburger w/ J. Clarke Grill Sauce **FEATURED VEGGIES** Crinkle Cut French Fries Coleslaw	**6** Hot Ham & Cheese Pretzel Melt **FEATURED VEGGIES** Sweet Potato Fries Broccoli
bravo! **Pasta!** Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)				
9 Crispy General Tso's Chicken over White Rice **FEATURED VEGGIES** Steamed Broccoli Cucumber Salad	**10** Nachos Grande **FEATURED VEGGIES** Mixed Vegetables Black Bean Salsa	**11** Classic Toasted Cheese Sandwich (V) **FEATURED VEGGIES** Tomato Soup Celery Sticks	**12** Popcorn Chicken Mashed Potato Bowl with Roll **FEATURED VEGGIES** Steamed Corn Broccoli Salad	**13** Buffalo Chicken Cheesesteak On a Roll **FEATURED VEGGIES** Steamed Carrots Side Caesar Salad
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)				
16 Italian Meatball & Cheese on Toasted Baguette **FEATURED VEGGIES** Green Beans Baby Carrots	**17** Pepper Steak Bowl with Lo Mein Noodles **FEATURED VEGGIES** Lemon Pepper Broccoli Tossed Salad	**18** Cowboy Burger Black Bean Burger (V) **FEATURED VEGGIES** Curly Fries Sliced Cucumbers	**19** Chicken or Beef Cheesesteak **FEATURED VEGGIES** Sautéed Green Beans Fresh Grape Tomatoes	**20** Loaded Bacon Cheddar Pierogis with Dinner Roll **FEATURED VEGGIES** Mixed Vegetables Coleslaw
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)				
23 **NO SCHOOL**	**24** Orange Chicken with Scallions over Fried Rice **FEATURED VEGGIES** Broccoli Caesar Salad	**25** Salisbury Steak With Gravy **FEATURED VEGGIES** Baked Potato Steamed Mixed Veggies	**26** Open Face Turkey Sandwich w/ Gravy **FEATURED VEGGIES** Roasted Red Potatoes Tomato Mozzarella Salad	**27** Buffalo Chicken Dip with Tortilla Chips **FEATURED VEGGIES** Lemon-Parmesan Broccoli Baby Carrots

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

Your Team Powered by Metz Culinary Management
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Meal Prices

Student Lunch $2.65
Faculty Lunch $4.50

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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