**Middletown Area School District**
Middle 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**<br>Homemade Macaroni & Cheese (V)<br>**FEATURED VEGGIES**<br>Steamed Broccoli<br>Chickpea Salad | **3**<br>Pork Tacos In a Soft Shell<br>**FEATURED VEGGIES**<br>Steamed Corn<br>Celery Sticks | **4**<br>Chicken Parmesan Over Pasta w/Garlic Bread<br>**FEATURED VEGGIES**<br>Steamed Green Beans<br>Caesar Side Salad | **5**<br>Bacon Cheeseburger w/ J. Clarke Grill Sauce<br>**FEATURED VEGGIES**<br>Crinkle Cut French Fries<br>Coleslaw | **6**<br>Hot Ham & Cheese Pretzel Melt<br>**FEATURED VEGGIES**<br>Sweet Potato Fries<br>Broccoli |
| bravo! **Pasta!** Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V) | | | | |
| **9**<br>Crispy General Tso's Chicken over White Rice<br>**FEATURED VEGGIES**<br>Steamed Broccoli<br>Cucumber Salad | **10**<br>Nachos Grande<br>**FEATURED VEGGIES**<br>Mixed Vegetables<br>Black Bean Salsa | **11**<br>Classic Toasted Cheese Sandwich (V)<br>**FEATURED VEGGIES**<br>Tomato Soup<br>Celery Sticks | **12**<br>Popcorn Chicken Mashed Potato Bowl with Roll<br>**FEATURED VEGGIES**<br>Steamed Corn<br>Broccoli Salad | **13**<br>Buffalo Chicken Cheesesteak On a Roll<br>**FEATURED VEGGIES**<br>Steamed Carrots<br>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**<br>Italian Meatball & Cheese on Toasted Baguette<br>**FEATURED VEGGIES**<br>Green Beans<br>Baby Carrots | **17**<br>Pepper Steak Bowl with Lo Mein Noodles<br>**FEATURED VEGGIES**<br>Lemon Pepper Broccoli<br>Tossed Salad | **18**<br>Cowboy Burger<br>Black Bean Burger (V)<br>**FEATURED VEGGIES**<br>Curly Fries<br>Sliced Cucumbers | **19**<br>Chicken or Beef Cheesesteak<br>**FEATURED VEGGIES**<br>Sautéed Green Beans<br>Fresh Grape Tomatoes | **20**<br>Loaded Bacon Cheddar Pierogis with Dinner Roll<br>**FEATURED VEGGIES**<br>Mixed Vegetables<br>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**<br>**NO SCHOOL** | **24**<br>Orange Chicken with Scallions over Fried Rice<br>**FEATURED VEGGIES**<br>Broccoli<br>Caesar Salad | **25**<br>Salisbury Steak With Gravy<br>**FEATURED VEGGIES**<br>Baked Potato<br>Steamed Mixed Veggies | **26**<br>Open Face Turkey Sandwich w/ Gravy<br>**FEATURED VEGGIES**<br>Roasted Red Potatoes<br>Tomato Mozzarella Salad | **27**<br>Buffalo Chicken Dip with Tortilla Chips<br>**FEATURED VEGGIES**<br>Lemon-Parmesan Broccoli<br>Baby Carrots |
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**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 $2.55
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.