Middletown Area School District
High School Lunch Menu

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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.				
2 Chicken Tenders w Seasoned Rice **FEATURED VEGGIES** Mixed Vegetables Side Garden Salad	**3** Nachos Grande **FEATURED VEGGIES** Ranch Refried Bean Dip Salsa	**4** Pulled Pork Sandwich on a Whole Wheat Roll **FEATURED VEGGIES** Sweet Potato Fries Cole Slaw	**5** Popcorn Chicken Mash Potato Bowl **FEATURED VEGGIES** Steamed Corn Green Pepper Strips	**6** 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)				
9 Chicken Nuggets with Buttered Noodles **FEATURED VEGGIES** Steamed Carrots Broccoli Salad	**10** Beef Soft Shell Tacos **FEATURED VEGGIES** Steamed Golden Corn Celery Sticks	**11** Chicken Alfredo served Over Pasta w/ Garlic Bread **FEATURED VEGGIES** Side Salad Steamed Broccoli	**12** Buffalo Chicken Flatbread **FEATURED VEGGIES** Steamed Garden Peas Cucumbers	**13** Fish Sandwich on a Whole Grain Bun **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)				
16 Homemade Macaroni & Cheese (V) **FEATURED VEGGIES** Broccoli Mixed Vegetables	**17** Pork Tacos In a Soft Shell **FEATURED VEGGIES** Salsa Celery Sticks	**18** Chicken Parmesan Over Pasta w/Garlic Bread **FEATURED VEGGIES** Steamed Green Beans Caesar Side Salad	**19** Bacon Cheeseburger w/ J. Clarke Grill Sauce **FEATURED VEGGIES** Crinkle Cut French Fries Coleslaw	**20** 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)				
23 Crispy General Tso's Chicken over White Rice **FEATURED VEGGIES** Steamed Broccoli Cucumber Salad	**24** Nachos Grande **FEATURED VEGGIES** Mixed Vegetables Black Bean Salsa	**25** Classic Toasted Cheese Sandwich (V) **FEATURED VEGGIES** Tomato Soup Celery Sticks	**26** Popcorn Chicken Mashed Potato Bowl with Roll **FEATURED VEGGIES** Steamed Corn Broccoli Salad	**27** 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)				
30 Italian Meatball & Cheese on Toasted Baguette **FEATURED VEGGIES** Green Beans Baby Carrots	**31** Pepper Steak Bowl with Lo Mein Noodles **FEATURED VEGGIES** Lemon Pepper Broccoli Tossed Salad			

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.