

JANUARY 2024



**Middletown Area School District
ELEMENTARY LUNCH MENU**

What is a Meal?

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

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 - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Lunch Prices

- Student \$2.40
- Elementary Tiered \$2.80
- Reduced \$.00
- Adult \$4.35

General Manager

Brian Wallace
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL	2 Raider Bowl w/Popcorn Chicken & Gravy or Cheeseburger on a Whole Grain Roll PB&J Craveable Featured Veggies: Steamed Broccoli Choice of fruit Choice of Milk	3 Pepperoni Pizza or Chicken Tenders w/ a Whole Grain Roll PB&J Craveable Featured Veggies: Glazed Carrots Choice of fruit Choice of Milk
6 Corn Dog Nuggets with Dinner Roll or Pulled Pork on a Bun Breadstick Dipper Craveable Featured Veggies: Tater Tots Choice of fruit Choice of Milk	7 Macaroni & Cheese with Garlic Knot or Chicken Tacos on a soft shell Grilled Chicken Craveable Featured Veggies: Roasted Broccoli Choice of fruit Choice of Milk	8 Chicken Patty Sandwich or Swedish Meatballs over Whole Grain Noodles Breadstick Dipper Craveable Featured Veggies: Baby Carrots Choice of fruit Choice of Milk	9 Spaghetti & Meatballs with Garlic Bread or Ham & Cheese Croissant Breadstick Dipper Craveable Featured Veggies: Green Beans Choice of fruit Choice of Milk	10 NO SCHOOL
13 Chicken Cheesesteak on a Whole Grain Roll or Pancake w/Sausage Patty Superfruit Craveable Featured Veggies: Bell Pepper Strips Choice of fruit Choice of Milk	14 Hot Dog on Whole Grain Bun or Beef Tacos in Soft shell Superfruit Craveable Featured Veggies: Fries Choice of fruit Choice of Milk	15 Beef-a-Roni with Breadstick or Sausage, Egg & Cheese Croissant Superfruit Craveable Featured Veggies: Corn Choice of fruit Choice of Milk	16 Raider Bowl w/Popcorn Chicken & Gravy or Cheeseburger on a Whole Grain Roll Superfruit Craveable Featured Veggies: Steamed Broccoli Choice of fruit Choice of Milk	17 Cheese Pizza or Beef BBQ on a Bun Superfruit Craveable Featured Veggies: Fresh Cucumbers Choice of fruit Choice of Milk
20 NO SCHOOL	21 Classic Texas Toast Grilled Cheese or Nachos Grande Tortilla Chips M.Y.O. Pizza Craveable Featured Veggies: Roasted Broccoli Choice of fruit Choice of Milk	22 Chicken Parmesean with Pasta or Hot Ham & Cheese on a Croissant M.Y.O. Pizza Craveable Featured Veggies: Diced Carrots Choice of fruit Choice of Milk	23 Chicken Tenders with Dinner Roll or Chili Cheese Bowl over Rice M.Y.O. Pizza Craveable Featured Veggies: Tater Tots Choice of fruit Choice of Milk	24 Fish Sandwich On a Roll or Hamburger on a Whole Grain Roll M.Y.O. Pizza Craveable Featured Veggies: Cole Slaw Choice of fruit Choice of Milk
27 Meatball Sub on a Roll or Chicken Patty on a Whole Grain Roll Nacho Craveable Featured Veggies: Broccoli Choice of fruit Choice of Milk	28 Nachos Grande Tortilla Chips or Chicken Tacos on a soft shell Nacho Craveable Featured Veggies: Confetti Corn Choice of fruit Choice of Milk	29 Chicken Alfredo w/Penne Pasta or Waffles with Sausage Patty Nacho Craveable Featured Veggies: Seasoned Peas Choice of fruit Choice of Milk	30 Buffalo Chicken Dip over Tortilla Chips or Cheeseburger on a Whole Grain Roll Nacho Craveable Featured Veggies: Green Beans Choice of fruit Choice of Milk	31 Pepperoni Pizza or Pulled Pork on a Whole Grain Roll M.Y.O. Pizza Craveable Featured Veggies: Diced Potatoes Choice of fruit Choice of Milk