

# NOVEMBER 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  
717-948-3300 \*6010

[ma1151@metzcorp.com](mailto:ma1151@metzcorp.com)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Pepperoni Pizza  or Chicken Tenders w/ a Whole Grain Roll <b>Turkey and Cheese Craveable</b> <b>Featured Veggies:</b> Glazed Carrots Choice of fruit Choice of Milk
<b>4</b> Corn Dog Nuggets with Dinner Roll or Pulled Pork on a Bun <b>Breadstick Dipper Craveable</b> <b>Featured Veggies:</b> Tater Tots Choice of fruit Choice of Milk	<b>5</b> <b>NO SCHOOL</b>	<b>6</b> Chicken Patty Sandwich or Swedish Meatballs over Whole Grain Noodles <b>Breadstick Dipper Craveable</b> <b>Featured Veggies:</b> Baby Carrots Choice of fruit Choice of Milk	<b>7</b> Spaghetti & Meatballs with Garlic Bread or Ham & Cheese Croissant <b>Breadstick Dipper Craveable</b> <b>Featured Veggies:</b> Green Beans Choice of fruit Choice of Milk	<b>8</b> Fish Sandwich On a Roll or Hamburger on a Whole Grain Roll <b>Breadstick Dipper Craveable</b> <b>Featured Veggies:</b> Cole Slaw Choice of fruit Choice of Milk
<b>11</b> Chicken Cheesesteak on a Whole Grain Roll or Pancake w/Sausage Patty <b>Superfruit Craveable</b> <b>Featured Veggies:</b> Bell Pepper Strips Choice of fruit Choice of Milk	<b>12</b> Hot Dog on Whole Grain Bun or Beef Tacos in Soft shell <b>Superfruit Craveable</b> <b>Featured Veggies:</b> Fries Choice of fruit Choice of Milk	<b>13</b> Beef-a-Roni with Breadstick or Sausage, Egg & Cheese Croissant <b>Superfruit Craveable</b> <b>Featured Veggies:</b> Corn Choice of fruit Choice of Milk	<b>14</b> Raider Bowl w/Popcorn Chicken & Gravy or Cheeseburger on a Whole Grain Roll <b>Superfruit Craveable</b> <b>Featured Veggies:</b> Steamed Broccoli Choice of fruit Choice of Milk	<b>15</b> Cheese Pizza  or Beef BBQ on a Bun <b>Superfruit Craveable</b> <b>Featured Veggies:</b> Fresh Cucumbers Choice of fruit Choice of Milk
<b>18</b> Chicken Parmesean with Pasta or Hot Ham & Cheese on a Croissant <b>M.Y.O. Pizza Craveable</b> <b>Featured Veggies:</b> Diced Carrots Choice of fruit Choice of Milk	<b>19</b> Classic Texas Toast Grilled Cheese or Nachos Grande Tortilla Chips <b>M.Y.O. Pizza Craveable</b> <b>Featured Veggies:</b> Roasted Broccoli Choice of fruit Choice of Milk	<b>20</b> <b>THANKSGIVING MEAL</b> Roasted Turkey Breast with Gravy Mashed Potatoes  <b>M.Y.O. Pizza Craveable</b> <b>Featured Veggies:</b> Green Beans Choice of fruit Choice of Milk	<b>21</b> Chicken Tenders with Dinner Roll or Chili Cheese Bowl over Rice <b>M.Y.O. Pizza Craveable</b> <b>Featured Veggies:</b> Tater Tots Choice of fruit Choice of Milk	<b>22</b> Pepperoni Pizza  or Pulled Pork on a Whole Grain Roll <b>M.Y.O. Pizza Craveable</b> <b>Featured Veggies:</b> Diced Potatoes Choice of fruit Choice of Milk
<b>25</b> Meatball Sub on a Roll or Chicken Patty on a Whole Grain Roll <b>Nacho Craveable</b> <b>Featured Veggies:</b> Broccoli Choice of fruit Choice of Milk	<b>26</b> Nachos Grande Tortilla Chips or Chicken Tacos on a soft shell <b>Nacho Craveable</b> <b>Featured Veggies:</b> Confetti Corn Choice of fruit Choice of Milk	<b>27</b> <b>NO SCHOOL</b>	<b>28</b> <b>NO SCHOOL</b>	<b>29</b> <b>NO SCHOOL</b>