

MIDDLETOWN AREA MIDDLE/HIGH SCHOOL

JANUARY 2025 LUNCH

MONDAY
30

TUESDAY
31

WEDNESDAY
1

THURSDAY
2

FRIDAY
3



HAPPY NEW YEAR

NO SCHOOL

NO SCHOOL

NEW YEARS DAY
NO SCHOOL

Entrée
Swedish Meatballs
Over Whole Grain Noodles
w/Dinner Roll

FEATURED VEGGIES
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

Entrée
Pepperoni/Cheese Pizza

FEATURED VEGGIES
Caesar Salad
Celery Sticks
Choice of Fruit
Choice of Milk

6

7

8

9

10



Texas Smokehouse - Dry Rub Smoked Chicken, Pork or Beef, Ranch Tots, Zesty Green Beans, BBQ Baked Beans, Slaw, and Variety of Breads.

Entrée
BBQ Rib Sandwich
on a Whole Grain Roll

FEATURED VEGGIES
Sweet Potato Fries
Celery Sticks
Choice of Fruit
Choice of Milk

Entrée
Chicken Fajitas
w/Penners & Onions
on a Whole Grain Tortilla

FEATURED VEGGIES
Seasoned Rice
Salsa
Choice of Fruit
Choice of Milk

Entrée
Mac N Cheese
w/ Whole Grain Roll

FEATURED VEGGIES
Peas
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Entrée
Chili Cheese Bowl
over Brown Rice

FEATURED VEGGIES
Glazed Carrots
Cucumbers
Choice of Fruit
Choice of Milk

NO SCHOOL

13

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15

16

17



Burrito Bowl - Chicken, Steak, Pork, Tortillas, Cilantro Rice, Refried Beans, Cheddar Cheeses, Salsa, Quacamole

Entrée
Curry Chicken Casserole
w/Dinner Roll

FEATURED VEGGIES
Green Beans
Side Salad
Choice of Fruit
Choice of Milk

Entrée
Meatball Sub
On a Whole Grain Roll

FEATURED VEGGIES
Steamed Broccoli
Green Pepper Strips
Choice of Fruit
Choice of Milk

Entrée
Chicken Parmesean
over Pasta

FEATURED VEGGIES
Caesar Salad
Broccoli
Choice of Fruit
Choice of Milk

Entrée
Salisbury Steak
with Gravy

FEATURED VEGGIES
Mixed Vegetables
Mashed Potatoes
Choice of Fruit
Choice of Milk

Entrée
Fish Sandwich
on a Whole Grain Roll

FEATURED VEGGIES
Cole Slaw
Baby Carrots
Choice of Fruit
Choice of Milk

20

21

22

23

24



Cyclone Noodle Station- Choice of Lo Mein or Rice, Beef, Chicken, Pork, Stir Fry Vegetables, Cabbage, and Broccoli. Tossed with Korean BBQ, Teriyaki, or General Tso's Sauce.

NO SCHOOL

Entrée
Chicken Enchilada
Over rice

FEATURED VEGGIES
Refried Beans
Corn
Choice of Fruit
Choice of Milk

Entrée
Chicken Nuggets
w/ Whole Grain Dinner Roll

FEATURED VEGGIES
Fries
Side Salad
Choice of Fruit
Choice of Milk

Entrée
Raider Bowl
w/ Popcorn Chicken
& Gravy

FEATURED VEGGIES
Mashed potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

Entrée
Philly Cheese Steaks
on a Whole Grain Roll

FEATURED VEGGIES
Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

27

28

29

30

31



Dip and Dust Wings - Traditional or Boneless, 3 Sauces or Dry Rub, Potatoes, Celery, Carrots Sticks

Entrée
Spaghetti & Meatsauce
W/Garlic Bread

FEATURED VEGGIES
Caesar Salad
Broccoli
Choice of Fruit
Choice of Milk

Entrée
Soft Shell Tacos
Beef

FEATURED VEGGIES
Black Bean Salsa
Corn
Choice of Fruit
Choice of Milk

Entrée
Classic Texas Toast
Grilled Cheese Sandwich

FEATURED VEGGIES
Tomato Soup
Celery Sticks
Choice of Fruit
Choice of Milk

Entrée
Buffalo chicken Dip
over Tortilla Chips

FEATURED VEGGIES
Side Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Entrée
Beef BBQ
on a Whole Grain Roll

FEATURED VEGGIES
Baked Beans
Cole Slaw
Choice of Fruit
Choice of Milk



NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL



What is a Meal?

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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Chicken Nuggets with Pretzel Stick
Cheese or Pepperoni Pizza



- Option may include:
Vegetable, Caden Salad w/ roll
Ham or Turkey Salad w/ Roll
Chef's Salad w/ roll
Greek Salad w/ Roll
Ham & Cheese Wrap or Turkey and Swiss on Baguette
Buffalo chicken Wrap
Taco Chicken Roll
Chicken Caesar Roll
Roast Beef and Cheddar Wrap



LUNCH PRICES:

Student \$2.65
Student Tierd 3.15
Reduced \$.00
Adult \$4.35

Brian Wallace

717-948-3300* 6010

ma1151@metzcorp.com