

# MIDDLETOWN AREA HIGH SCHOOL

## DECEMBER LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

4

5

6



**Pasta Station - Daily Choice of Two Pastas, Alternating Sauces, Garlic Breads, Fresh Bruchetta, And Herb Parmesan Cheese.**

**NO SCHOOL**

Entrée  
Smoked Pork  
Over tortilla Chios

**FEATURED VEGGIES**  
Peppers & Onions  
Cole Slaw  
Choice of Fruit  
Choice of Milk

Entrée  
Chicken Nuggets  
with a Dinner Roll

**FEATURED VEGGIES**  
Mixed Vegetables  
Cucumbers  
Choice of Fruit  
Choice of Milk

Entrée  
Buffalo chicken Dip  
over Tortilla Chios

**FEATURED VEGGIES**  
Ceasar Salad  
Corn  
Choice of Fruit  
Choice of Milk

Entrée  
Fish Sandwich  
on a Whole Grain Bun

**FEATURED VEGGIES**  
French Fries  
Celery Stick  
Choice of Fruit  
Choice of Milk

9

10

11

12

13



**Mac-N-Cheese Station - Choices of Buffalo Chicken, Pulled Pork, Beef BBQ, Cheddar or White Cheese Sauce**

Entrée  
Philly Cheese Steaks  
on a Whole Grain Roll

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

Entrée  
Soft or Hard Shell  
Chicken Tacos

**FEATURED VEGGIES**  
Black Bean Corn Salsa  
Side Salad  
Choice of Fruit  
Choice of Milk

Entrée  
Beef BBQ  
on a Whole Grain Bun

**FEATURED VEGGIES**  
Peas  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

Entrée  
Raider Bowl  
w/ Poncorn Chicken  
& Gravy

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

Entrée  
Hot dog  
on a Whole Grain Bun

**FEATURED VEGGIES**  
Baked Beans  
Broccoli  
Choice of Fruit  
Choice of Milk

16

17

18

19

20



**Bravo's Choice / Chef's Selections**

Entrée  
Ranch Crusted Chicken  
w/ Dinner Roll

**FEATURED VEGGIES**  
Roasted Broccoli  
Side Salad  
Choice of Fruit  
Choice of Milk

Entrée  
Cowboy Burger w/  
Cheese, Onion Rings  
& BBQ Sauce

**FEATURED VEGGIES**  
Sweet Potato Fries  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**Holiday Meal**  
Glazed Ham Steak  
Scalloo Potatoes

**FEATURED VEGGIES**  
Holiday Cookie  
Chef's Choice  
Glazed Coin Carrots  
Choice of Fruit  
Choice of Milk

Entrée  
Salisbury Steak  
with Gravy

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

Entrée  
Hot Ham & Cheese  
on a Pretzel Roll

**FEATURED VEGGIES**  
Broccoli  
Choice of Fruit  
Choice of Milk

23

24

25

26

27



**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

30

31



**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**



**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 Garden 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