

MIDDLETOWN AREA MIDDLESCHOOL

DECEMBER LUNCH

MONDAY

2

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6



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



Options 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



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



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 Rinas
& BBQ Sauce

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

Holiday Meal
Glazed Ham Steak
Scalloped Potatoes

FEATURED VEGGIES
Chef's Choice
Broccoli
Choice of Fruit
Choice of Milk

Entrée
Chef's Menu

FEATURED VEGGIES
Chef's Choice
Choice of Fruit
Choice of Milk

Entrée
Chef's Menu

FEATURED VEGGIES
Chef's Choice
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



LUNCH PRICES:

- Student \$2.55
- Student Tierd 3.05
- Reduced \$.00
- Adult \$4.35

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