MIDDLETOWN AREA ELEMENTARY SCHOOL LUNCH MENU

November 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken over Rice **Steamed Broccoli** **Cucumber Slices**	**3** **NO SCHOOL**	**4** French Toast Sticks with Sausage Links **Tri-Taters** **Carrot Sticks**	**5** Mac & Cheese with Dinner Roll (V) **Stewed Tomatoes** **Steamed Garden Peas**	**6** Cheese Pizza Crunchers With Dipping Sauce **Steamed Green Beans** **Celery**
Daily Offerings: Soft Pretzel Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V)				
9 Popcorn Chicken With Roll **Mashed Potatoes** **Baby Carrots**	**10** Beef & Cheese Quesadilla **Refried Beans** **Tossed Salad**	**11** Ham, Egg & Cheese on Maple Waffle Flatbread **Hash Brown Potato** **Fresh Cucumber Slices**	**12** Chicken Patty On a Bun **Steamed Corn** **Celery Sticks**	**13** Toasted Pizza Flatbread Sandwich **Mixed Vegetables** **Peas**
Daily Offerings: Breadstick Dipper Craveable (V) | Chef Salad with Dinner Roll				
16 Chicken Nuggets with Roll **Oven Fries** **Baby Carrots**	**17** Mac & Cheese with Dinner Roll (V) **Green Beans** **Caesar Salad**	**18** **Thanksgiving Holiday Bowl** **Corn** **Green Pepper Strips**	**19** Toasted Cheese Sandwich (V) **Tomato Soup** **Corn Salad**	**20** Cheese Pizza **Diced Potatoes** **Cucumber Slices**
Daily Offerings: Yogurt Craveable (V) | Turkey & Cheese Wrap				
23 Grilled Chicken Sandwich On a Bun Fries Broccoli Salad	**24** Chicken & Cheese Quesadilla Steamed Corn Salsa	**25** **NO SCHOOL**	**26** **NO SCHOOL**	**27** **NO SCHOOL**
Daily Offerings: Nachos Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V)				
30 **NO SCHOOL**				
Daily Offerings: Super Fruit Craveable (V) | Chef Salad with Dinner Roll				

MAKE IT A MEAL!
Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices
Adult $5.25

Available Daily
Fresh Entrée Salads or Cold Cut Sandwiches & Wraps
Metz Craveable Option

Fruit & Veggie Selection
Seasonal Fresh Fruits & Vegetables
Students may choose two ½ cup servings.

Milk Selection
Whole, 1% White, Fat Free Chocolate, Strawberry, & Lactose Free

Your Dining Services Team
Brian Wallace
General Manager
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Brian.wallace@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES