MIDDLETOWN AREA ELEMENTARY SCHOOL LUNCH MENU

October 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Patty On a Bun Steamed Corn Celery Sticks	2 Toasted Pizza Flatbread Sandwich Roasted Zucchini Red Pepper Strips
Daily Offerings: Breadstick Dipper Craveable (V) | Chef Salad with Dinner Roll				
5 Chicken Nuggets with Roll Potato Wedges Baby Carrots	6 Mac & Cheese with Dinner Roll (V) Green Beans Caesar Salad	7 Hot Dog On a Roll Baked Beans Green Pepper Strips	8 Toasted Cheese Sandwich (V) Tomato Soup Corn Salad	9 Cheese Pizza Oven Fries Cucumber Slices
Daily Offerings: Yogurt Craveable (V) | Turkey & Cheese Wrap				
12 NO SCHOOL	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Asian Sesame Chicken over Rice Steamed Broccoli Baby Carrots	15 **Breakfast for Lunch:** Waffles, French Toast, or Pancakes with Cheese Omelet Tri-Taters Celery Sticks	16 Max Pizza Sticks with Dipping Sauce (V) Green Beans Caesar Salad
Daily Offerings: Nachos Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V)				
19 Chicken Tenders With Mini Waffles Mixed Vegetables Side Salad	20 Beef Soft Tacos Refried Beans Lettuce & Tomato	21 Cheeseburger on a BUn Glazed Carrots Broccoli Salad	22 Raider Bowl Chicken Mash Potato Bowl With a Roll Mashed Potaoes Baby Carrots	23 NO SCHOOL
Daily Offerings: Super Fruit Craveable (V) | Chef Salad with Dinner Roll				
26 Pasta with Meat Sauce Green Beans Cucumber Slices	27 Walking Taco with Pretzel Stick Seasoned Black Beans Garden Side Salad	28 Cheesesteak on a Roll Tater Tots Baby Carrots	29 Chicken Alfredo over Penne with Breadstick Steamed Broccoli Celery Sticks with Ranch	30 Cheesy Pizza Side Salad Cucumbers
Daily Offerings: Pizza Craveable (V) | Turkey & Cheese Wrap				

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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(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