MIDDLETOWN AREA ELEMENTARY SCHOOL LUNCH MENU

September 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Chicken & Cheese Quesadilla **Steamed Corn** **Salsa**	2 Asian Sesame Chicken over Rice **Steamed Broccoli** **Baby Carrots**	3 **Breakfast for Lunch:** Cheese Omelet with Pancakes **Tater Tots** **Celery Sticks**	4 **NO SCHOOL** **Labor Day Recess**
Daily Offerings: Nachos Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V)				
7 **NO SCHOOL** **Labor Day Recess**	8 Beef Soft Tacos **Refried Beans** **Lettuce & Tomato**	9 Cheeseburger on a Bun **Glazed Carrots** **Broccoli Salad**	10 **Raider Bowl** Chicken & Mashed Potato Bowl with a Roll **Mashed Potatoes** **Baby Carrots**	11 Pepperoni Pizza **Sweet Potato Fries** **Corn Salad**
Daily Offerings: Super Fruit Craveable (V) | Chef Salad with Dinner Roll				
14 Pasta w/ Meat Sauce & BreadStick **Zesty Green Beans** **Cucumber Slices**	15 Walking Taco with Pretzel Stick **Mexicali Corn** **Green Pepper Strips**	16 Cheesesteak on a Roll **Tater Tots** **Baby Carrots**	17 Chicken Alfredo over Penne with Breadstick **Steamed Broccoli** **Celery Sticks with Ranch**	18 Cheesy Pizza **Side Salad** **Cucumber Slices**
Daily Offerings: Pizza Craveable (V) | Turkey & Cheese Wrap				
21 General Tso's Chicken w/Rice **Steamed Broccoli** **Romaine Salad**	22 Nachos Grande **Refried Beans** **Golden Corn**	23 French Toast Sticks with Sausage Links **Tri-Taters** **Baby Carrots**	24 Mac & Cheese with Dinner Roll (V) **Stewed Tomatoes** **Steamed Peas**	25 Cheese Pizza Crunchers With Dipping Sauce **Steamed Green Beans** **Celery**
Daily Offerings: Soft Pretzel Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V)				
28 Popcorn Chicken With Roll **Mashed Potatoes** **Baby Carrots**	29 Beef & Cheese Quesadilla **Refried Beans** **Tossed Salad**	30 Ham, Egg & Cheese on Maple Waffle Flatbread **Hash Brown Potato** **Fresh Cucumber Slices**		
Daily Offerings: Breadstick Dipper 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
(717) 948-3333 ext. 60010
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