MIDDLETOWN AREA SCHOOL DISTRICT SECONDARY LUNCH MENU

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	**1** Tajin Mojo Chicken Nachos **Steamed Corn** **Refried Beans**	**2** Orange Chicken w/Scallions over Fried Rice **Sesame Green Beans** **Side Salad**	**3** Classic Italian Super Sub **Fries** **Tomato Mozzarella Salad**	**4** **NO SCHOOL** **Labor Day** **Recess**
BRAVO! **Dip & Dust Wings!** Choice of Traditional or boneless. Served with a variety of sauce and seasonings that may include hot, BBQ, hot honey, lemon pepper etc. Pare with potatoes, choice of vegetable, and blue cheese or ranch dressing. (V)				
7 **NO SCHOOL** **Labor Day** **Recess**	**8** Beef or Chicken Nachos Grande **Ranch Refried Bean Dip** **Fresh Pico de Gallo**	**9** Lasagna Roll with Garlic Bread **Steamed Broccoli** **Caesar Salad**	**10** Raider Bowl Popcorn Mashed Potato Bowl w/Roll **Steamed Corn** **Broccoli Salad**	**11** Cheesy Pizza Crunchers With Marinara Sauce **Seasoned Green Beans** **Side Salad**
BRAVO! **Loaded Potato Bar:** Baked Potatoes, Fries or Wedges topped with options such as Buffalo Chicken, BBQ Pulled Pork, seasoned Beef with Gravy. Paired with Vegetables to enjoy alone or add to the Potato Option.				
14 Chicken Nuggets With Buttered Noodles **Seasoned Carrots** **Broccoli Salad**	**15** Beef Tacos w/ Salsa Nachos w/Ranch Refried Bean Dip **Steamed Golden Corn** **Baby Carrots**	**16** Chicken Alfredo served over Pasta with Breadstick **Mixed Vegetables** **Fresh Broccoli**	**17** Chicken Bacon Ranch Flatbread **Steamed Garden Peas** **Tomato Mozzarella Salad**	**18** Fish Sticks With Dinner Roll **Oven Fries** **Cole Slaw**
BRAVO! **Mac & Cheese!** Noodles with choice of house made cheese sauce. Protein options offered may include taco beef, pulled pork, buffalo chicken, and/or chili. Offered with roasted lemon-parmesan broccoli, sautéed red peppers, and choice of shredded cheese. Customizable for (V)				
21 Loaded Chili Cheese Mini Pierogies w/ Roll **Steamed Green Beans** **Baby Carrots**	**22** Choice of Buffalo Chicken or Seasoned Steak over French Fries **Potato Wedges** **Tossed Salad**	**23** Hot Ham & Cheese Pretzel Melt **Sweet Potato Fries** **Green Pepper Strips**	**24** Bacon Cheeseburger w/ J.Clarke Grill Sauce **BBQ Baked Beans** **Cole Slaw**	**25** **National Dumpling Day** Pork or Veggie Dumplings with Spicy Noodles **Steamed Broccoli** **Cucumber Slices**
BRAVO! **Texas Smokehouse!** Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of Kaiser roll or corn bread, and a variety of BBQ sauces.				
28 General Tso's Chicken with Rice **Steamed Broccoli** **Cucumer Salad**	**29** Nachos Grande **Seasoned Peas** **Black Bean Salsa**	**30** Grilled Chicken Bruschetta Sandwich **Glazed Carrots** **Broccoli Salad**	**1**	**2**
BRAVO! **Poblano's Mex-American!** Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)				

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

Pizza: Pepperoni, Cheese, & a Specialty
Grill Options: Cheeseburger, Crispy Chicken Sandwich, & Spicy Crispy Chicken Sandwich
Deli: Build your own Wrap, Sandwich, or Hoagie.

Fruit & Veggie Selection

Seasonal Fruit & Fresh 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