ELEMENTARY LUNCH MENU
October 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Mashed Potato Bowl with Roll Mashed Potatoes Baby Carrots	2 Cheese Pizza Steamed Garden Peas Red Pepper Strips
Daily Offerings: Breadstick Dipper Craveable | Italian Hoagie				
5 Chicken Nuggets with Roll Steamed Corn Cherry Tomato	6 Mac & Cheese with Dinner Roll Green Beans Cucumber Salad	7 Cheeseburger French Fries Green Pepper Strips	8 Mini Corn Dogs Baked Beans Celery Sticks	9 NO SCHOOL
Daily Offerings: Bagel & Yogurt Craveable | Turkey & Cheese Wrap				
12 NO SCHOOL	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Asian Sesame Chicken over Rice Steamed Broccoli Cucumber Slices	15 **Breakfast for Lunch:** Mini Pancakes with Cheese Omelet Tater Tots Mandarin Spring Salad	16 Max Pizza Sticks with Dipping Sauce Mixed Veggies Cole Slaw
Daily Offerings: Nachos Craveable | Ham & Cheese Sandwich				
19 Popcorn Chicken with Breadstick Steamed Green Beans Cucumber Slices	20 Beef Soft Tacos Refried Beans Lettuce & Tomato	21 Hot Dog on a Bun Smile Fries Broccoli Salad	22 Pasta with Meat Sauce Steamed Carrots Red Pepper Strips	23 Pepperoni Pizza Honey Cinnamon Sweet Potato Corn Salad
Daily Offerings: Super Fruit Craveable | Italian Hoagie				
26 Breaded Chicken Tenders with Mini Waffles Crinkle Cut Fries Chickpea Salad	27 Walking Taco with Pretzel Stick Seasoned Black Beans Tomato Salad	28 Macaroni & Cheese with Breadstick Steamed Broccoli Celery Sticks with Ranch	29 **Breakfast for Lunch:** Egg & Cheese Croissant Sandwich Tater Tots Green Pepper Strips	30 Cheesy Pizza Steamed Green Beans Broccoli Florets
Daily Offerings: Pizza Craveable (V) | Ham & Cheese Sandwich				

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
Student $3.15
Adult $4.85

Fruit & Veggie Selection

Daily Vegetable Choices May Include:
Spinach, Broccoli, Romaine Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans

Daily Fruit Choices May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges
Students may choose two ½ cup servings.

Daily Alternates

Garden Salad with Goldfish Crackers & Dinner Roll

PB & J Craveable

Yogurt & Cheese Stick Craveable

Your Dining Services Team: Emily Biechy, General Manager |(610) 826-3155 ext. 2218|emily.biechy@metzcorp.com

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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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