JUNIOR HIGH LUNCH MENU
November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken over Rice Pepperoni Pizza Steamed Broccoli Honey BBQ Chickpeas	**3** Walking Taco Meat Lovers Pizza Golden Corn Black Bean Salsa	**4** French Toast Sticks with Sausage Links Cheesesteak Stromboli Tri Patty Taters Cherry Tomatoes	**5** Buffalo Chicken Dip with Tortilla Chips Dill Pickle Pizza Steamed Garden Peas Sliced Green Peppers	**6** Italian Dunkers with Marinara Pepperoni Pizza Mixed Veggies Carrot & Raisin Salad
Daily Offerings: Chicken Caesar Salad with Dinner Roll | Muffin & Yogurt Craveable				
9 No School	**10** Cheese Ravioli with Garlic Breadstick Pepperoni Pizza Steamed Carrots Chickpea Salad	**11** Sausage, Egg & Cheese Hotcakes Sandwich Pepperoni Roll Hash Brown Potato Bacon Ranch Cauliflower	**12** BBQ Pulled Pork Sandwich Bacon Pizza Baked Beans Broccoli Florets	**13** Pizza Crunchers Pepperoni Pizza Green Beans Red Pepper Strips
Daily Offerings: Asian Chicken Salad with Dinner Roll | PB&J Craveable				
16 Chicken Nuggets with Roll Pepperoni Pizza Oven Fries Cherry Tomatoes	**17** Grilled Chicken Sandwich Pierogi Pizza Green Beans Cucumber Salad	**18** Thanksgiving Turkey Meal Ham & Pepperoni Stromboli Seasoned Corn Broccoli Salad	**19** Cowboy Burger Buffalo Chicken Pizza Onion Rings Sliced Green Peppers	**20** Bosco Sticks Pepperoni Pizza Steamed Broccoli Cucumber Slices
Daily Offerings: Crispy Chicken Salad with Dinner Roll | Buffalo Chicken Dip Craveable				
23 **Early Dismissal** **No Lunch Served**	**24** **Early Dismissal** **No Lunch Served**	**25** **Early Dismissal** **No Lunch Served**	**26** *Happy Thanksgiving*	**27** No School
30 No School				

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	$3.25
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.

Available Daily

Cheese Pizza
Hamburger
Chicken Patty
Spicy Chicken Patty

Milk Selection

1% White Milk & Fat-Free
Chocolate Milk

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

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

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES