



# Middletown Area School District ELEMENTARY LUNCH MENU

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

- Meat or meat alternate
- Choice of Fruit
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Featured Fruit May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

**Fresh Entree Salad of the Week**



**Craveable of the Week which could include:**

**Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..**

## Monday

2

NO SCHOOL

3

Cheesy Beef Nachos  
or  
Walking Taco Craveable

Featured Veggies:  
Refried Beans

Banana  
Choice of Milk

## Wednesday

4

Pierogi Bar

or  
Walking Taco Craveable

Featured Veggies:  
Steamed Broccoli

Tropical Fruit Salad  
Choice of Milk

## Thursday

5

Sweedish Meatballs  
Over Whole Grain Noodles  
or  
Walking Taco Craveable

Featured Veggies:  
Corn

Orange Wedges  
Choice of Milk

6

Pepperoni/Cheese Pizza  
or  
Walking Taco Craveable

Featured Veggies:  
Side Salad

Pineapple Tidbits  
Choice of Milk

9

Chicken Stir Fry over Rice  
w/ Whole Grain Bread  
or  
Superfruit Craveable

Featured Veggies:  
Green Beans

Fruit Cocktail  
Choice of Milk

10

Meatball Sub  
On a Whole Grain Roll  
or  
Superfruit Craveable

Featured Veggies:  
French Fries

Mandarin Oranges  
Choice of Milk

11

Chicken Nuggets  
w/ Whole Grain Dinner Roll  
or  
Superfruit Craveable

Featured Veggies:  
Mashed Potatoes w/Gravy

Featured Fruit  
Choice of Milk

12

Chili Cheese Bowl  
w/ Rice  
or  
Superfruit Craveable

Featured Veggies:  
Glazed Carrots

Peaches  
Choice of Milk

13

Mac N Cheese  
w/Whole Grain Roll  
or  
Superfruit Craveable

Featured Veggies:  
Stewed Tomatoes

Sliced Apples  
Choice of Milk

16

Chicken Enchilada  
Over Rice  
or  
M.Y.O. Pizza Craveable

Featured Veggies:  
Refried Beans

Tropical Fruit Salad  
Choice of Milk

17

Corn Dog Nuggets  
or  
M.Y.O. Pizza Craveable

Featured Veggies:  
Steamed Broccoli

Golden Delicious Apple  
Choice of Milk

18

Chicken Parmesean  
Over Whole Grain Pasta  
or  
M.Y.O. Pizza Craveable

Featured Veggies:  
Side Salad

Diced Peaches  
Choice of Milk

19

Salisbury Steak  
Over Whole Grain Bread  
or  
M.Y.O. Pizza Craveable

Featured Veggies:  
Mashed Potatoes

Fruit Cocktail  
Choice of Milk

20

Breaded Fish Sticks  
or  
M.Y.O. Pizza Craveable

Featured Veggies:  
French Fries

Mandarin Oranges  
Choice of Milk

23

Chicken Cheesesteak  
On a Whole Grain Roll  
or  
Nacho Craveable

Featured Veggies:  
Mixed Veggies

Pineapple Tidbits  
Choice of Milk

24

Chicken Tenders  
w/ Dinner Roll  
or  
Nacho Craveable

Featured Veggies:  
Corn

Applesauce  
Choice of Milk

25

Beef BBQ  
on a Whole Grain Roll  
or  
Nacho Craveable

Featured Veggies:  
Green Beans

Diced Pears  
Choice of Milk

26

Ranch Crusted Chicken  
or  
Nacho Craveable

Featured Veggies:  
Roasted Broccoli

Orange Wedges  
Choice of Milk

27

French Toast Stick  
w/ Sausage Patty  
or  
Nacho Craveable

Featured Veggies:  
Tater Tots

Banana  
Choice of Milk

30

Bacon Cheese Burger  
on a Whole Grain Roll  
or  
Breadstick Dipper Craveable

Featured Veggies:  
Fries

Apple Slices  
Choice of Milk