

McPherson Middle School

Sign-up on PaySchoolsCentral.com to add money on students lunch account. You may also view purchase history, check account balance & set low balance reminders. Cash and Checks may be added to students lunch accounts at any school cafeterias.



MEAL PRICING: Breakfast \$2.10
Elementary \$2.60 Middle School \$2.85
High School \$3.25 Milk .60

Reduced Breakfast & Lunch NO Charge

Free and Reduced application may be filled out at www.payschoolscentral.com

Pizza and Salads offered Daily September-December 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Deluxe Chicken Chicken Patty Cheese, Bacon Bun Green Beans Pear Milk	Walking Taco Chips, Meat Cheese Refried Beans Pineapple Milk	Johnny Marzetti Caesar Salad Peaches Bread Stick Milk	Brunch For Lunch French Toast/Syrup Sausage Hash Browns Orange Juice Milk	French Bread Pizza Carrots Mixed Fruit Cookie Milk
2	Cheese Burger Bun Waffle Fries Mandarin Oranges Milk	Taco Salad Meat, Shell Cheese, Lettuce Fiesta Taco Beans Mixed Fruit Churro Milk	All American Bowl Popcorn Chicken Mashed Potatoes Corn, Strawberries Dinner Rolls Milk	Grilled Cheese Tomato Soup Broccoli Goldfish Crackers Sorbet Milk	Calzone Normandy Blend Apple Sauce Milk
3	Turkey & Gravy Mashed Potatoes Strawberries Dinner Roll Milk	Mac & Cheese Bites Corn Mandarin Orange Rice Krispy Treat Milk	Chicken Tenders Baked Beans Dried Apple Sliced Corn Bread Milk	Chicken Alfredo Broccoli Pears Breadsticks Milk	Bosco Stick Romaine Salad Sidekick Milk
4	BBQ Chicken Chunks Baked Beans Apple Sauce Rice Krispy Milk	Mac & Cheese Bowl Chicken or Pulled Pork Peas Pineapple Pretzel Milk	Flier Burgers Burger / Bun Cheese, Bacon French Fries Sidekicks Milk	Burrito Bar Taco Meat BBQ Pork, Pork Mexican Corn Peaches Milk	Chicken Wrap Tortilla Shell Spicy or Plain Chicken Tenders Cheese, Cole Slaw Mandarin Oranges Milk
5	General Tso Popcorn Chicken Rice Stir Fry Vegetable Pineapple Fortune Cookie Milk	Beef Cheese Nachos Chips, Meat, Cheese Refried Beans Apple Juice Milk	Mini Corn Dogs Green Beans Pears Cookie Milk	Boneless Chicken Wing, Mac & Cheese Peas Sidekicks Milk	Cheesy Bread Spaghetti Sauce Corn Peaches Frozen Yogurt Milk
Breakfast Menu					
	Breakfast Egg Rolls Assorted Pastries Fruit Juice Milk	Assorted Muffin Yogurt Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	Mini Donuts Yogurt Parfait Fruit Juice Milk	Breakfast Sandwich Fruit Juice Milk

Alternative Lunch

PB&J Uncrustable
Cheese Stick
Goldfish or
Cheez-it Crackers
Veggies, Fruit &
Milk

Fresh Vegetables Offered Daily

Possible Daily Options
 Carrots, Broccoli, Celery,
 Green & Red Peppers,
 Cucumber, Tomatoes &
 Cauliflower

Possible Daily Breakfast Choice

Cereal & Cheese
 Stick or Pop Tart

Fresh fruits and vegetables are offered as a daily choice

Smart Snacks
 Ala Cart options are
 available for purchase

Menus are planned
 according to USDA
 guidelines

USDA is an equal
 opportunity provider,
 employer, and lender

Thanksgiving Dinner
 Will be served on
 November 19th.

Week 1 Meal Plan Week 2 Meal Plan Week 3 Meal Plan Week 4 Meal Plan Week 5 Meal Plan

September 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

What Makes a Meal?

Each school lunch offered includes five food components: an entree that is protein-packed and whole grain-rich, a fruit, a vegetable, and a selection of low-fat or fat-free milk. Students must select three out of five components to constitute a full meal. At least one of the three components chosen must be a fruit or vegetable. K-8 Students can select up to two servings of vegetables and one serving of fruit. 9-12 Students may select up to servings of vegetables and 2 servings of fruits.

Menus are subject to change due to product availability, new product offerings, health mandates, or weather issues.

NUTRITION BIT

- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²