
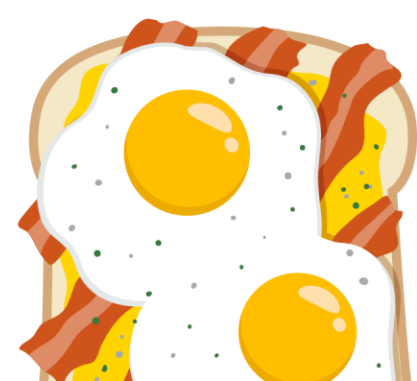
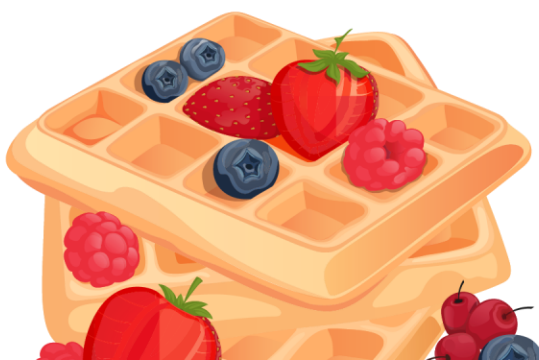








Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price.  - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> <i>(served with Graham Crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes  <b>Choice of Fruit</b> Seasonal fresh fruits, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat free chocolate, and strawberry  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
		1  Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers	2  <u>Half Day</u> Grab N' Go  Assorted Cereals or Cereal Bar with Graham Crackers	3  <u>No School</u>	
6  <u>No School</u>	7  Breakfast Bagel Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	8  Egg, Sausage & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	9  Mini Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	10  Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
13  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	14  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	15  Strawberries & Cream Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	16  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	17  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	
20  Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	21  Breakfast Bagel Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	22  Egg, Sausage & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	23  Mini Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	24  Apple Pie Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	
27  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	29  Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers	30  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers		
<b>Your Team</b> Ryan Shissler, General Manager 570.654.2415 ext. 4196 ma1147@metzcorp.com		<b>Meal Prices</b> Student Breakfast \$0.00 Faculty Breakfast \$3.00			

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



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
 <b>Asian Station Bar!</b> Choice of Lo Mein, White Rice, Popcorn Chicken, Pork Fired Rice, veggie stir fry, or steamed broccoli. Tossed with choice of sauce Sweet and Sour, Orange Sauce, or General Tso					<b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.  - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup,  <b>Choice of Milk</b> 1% white, fat free chocolate, and strawberry  <b>Daily Alternates</b> Fresh Entree Salads Pepperoni & Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty
		1  Chicken Alfredo with Penne Pasta & Garlic Toast  <b>FEATURED VEGGIES</b> Seasoned Broccoli Fresh Vegetables	2  <b>Half Day</b> Stromboli Sticks  <b>FEATURED VEGGIES</b> Sidewinder Fries Fresh Vegetables	3  <b>No School</b>	
 <b>Loaded Fries Bar!</b> Rotating Selections of Taco Beef, Pulled Pork, and Buffalo chicken, or Chili. Variety of toppings to include cheese sauce, jalapenos, salsa, sour cream, bacon, and more					
6  <b>No School</b>	7  Sesame Chicken over Fried Rice  <b>FEATURED VEGGIES</b> Oriental Veggies Fresh Vegetables	8  Hawaiian Pork Sandwich on Toasted Ciabatta  <b>FEATURED VEGGIES</b> French Fries Fresh Vegetables	9  French Toast Sticks with Sausage Pattie  <b>FEATURED VEGGIES</b> Tater Tots Fresh Vegetables	10  Corn Dog on a Stick  <b>FEATURED VEGGIES</b> Roasted Zucchini Parmesan Fresh Vegetables	
 <b>Burrito Bowl Bar!</b> Rotating Selections of Taco Beef, Pulled Pork, and Buffalo chicken. Variety of toppings to include cheese sauce, jalapenos, salsa, sour cream, bacon, and more					
13  Salisbury Steak with Buttered Noodles  <b>FEATURED VEGGIES</b> Steamed Peas Fresh Vegetables	14  Doritos Walking Taco  <b>FEATURED VEGGIES</b> Steamed Golden Corn Fresh Vegetables	15  Mac & Cheese (V) With Roll  <b>FEATURED VEGGIES</b> Stewed Tomatoes Fresh Vegetables	16  Build-Your-Own Burger  <b>FEATURED VEGGIES</b> BBQ Baked Beans Fresh Vegetables	17  Cheese Quesadilla (V)  <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Fresh Vegetables	
 <b>Loaded Fries Bar!</b> Rotating Selections of Taco Beef, Pulled Pork, and Buffalo chicken, or Chili. Variety of toppings to include cheese sauce, jalapenos, salsa, sour cream, bacon, and more					
20  Chicken Parmesan Sandwich on Roll  <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Fresh Vegetables	21  Choice of Buffalo Chicken or Seasoned Steak over French Fries  <b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Vegetables	22  Hot Ham & Cheese Pretzel Melt  <b>FEATURED VEGGIES</b> French Fries Fresh Vegetables	23  Popcorn Chicken Mashed Potato Bowl with Roll  <b>FEATURED VEGGIES</b> Steamed Golden Corn Fresh Vegetables	24  Italian Dunkers with Marinara (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Fresh Vegetables	
 <b>Pasta!</b> Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
27  Crispy General Tso's Chicken over White Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Vegetables	28  Turkey & Bacon Panini  <b>FEATURED VEGGIES</b> Curly Fries Fresh Vegetables	29  Twin Hot Dogs on Buns  <b>FEATURED VEGGIES</b> French Fries Fresh Vegetables	30  Classic Toasted Cheese Sandwich (V)  <b>FEATURED VEGGIES</b> Tomato Soup Fresh Vegetables		
<b>Your Team</b> <b>Ryan Shissler, General Manager</b> 570.654.2415 ext. 4196 <a href="mailto:ma1147@metzcorp.com">ma1147@metzcorp.com</a>		<b>Meal Prices</b> Student Lunch \$0.00 Faculty Lunch \$4.85			

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