

BABY



Black Bean

**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Croissant 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 Pancake and Sausage on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup 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 Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg, Sausage & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Chocolate Filled Crescent Assorted Cereals or Cereal Bar with Graham Crackers
20 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Cheese Omelet with Toast Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini Confetti Pancakes Assorted Cereals or Cereal Bar with Graham Crackers
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese on a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	

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.

Whole Grain Cereals (served with Graham Crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat free chocolate, and strawberry

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

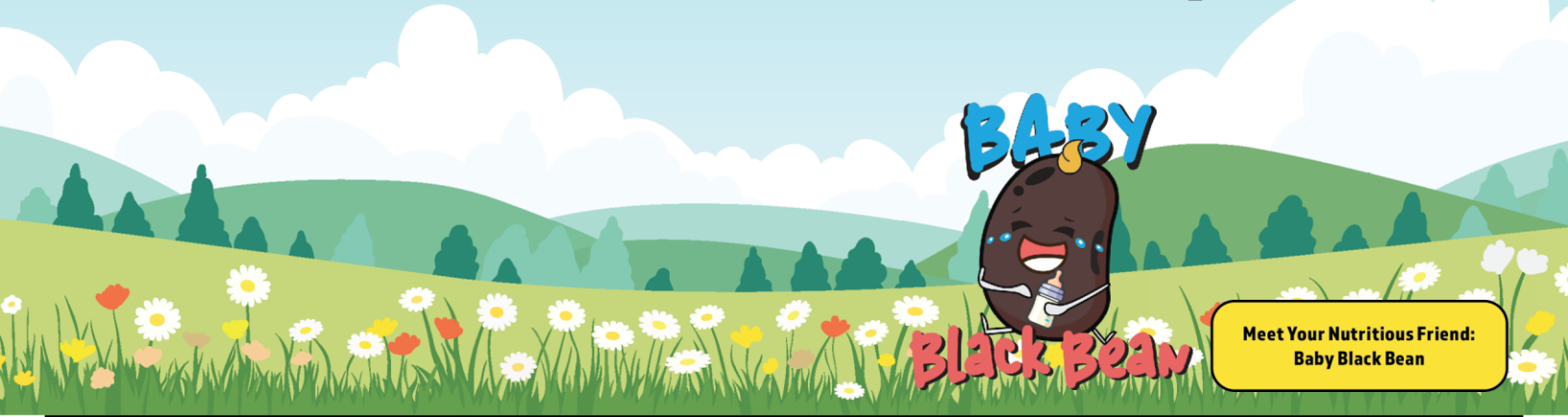
Ryan Shissler, General Manager
570.654.2415 ext. 4196
ma1147@metzcorp.com

Meal Prices

Student Breakfast \$0.00
Faculty Breakfast \$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini Corn Dog Nuggets Chicken Patty on Bun FEATURED VEGGIES Steamed Broccoli Fresh Veggies	2 Half Day Hot Ham & Cheese on Pretzel Roll Chicken Patty on Bun FEATURED VEGGIES Seasoned Green Peas Fresh Veggies	3 No School
6 No School	7 Beef Soft Tacos Chicken Tenders with Roll FEATURED VEGGIES Steamed Corn Fresh Veggies	8 Cheese Burger on a Bun Chicken Tenders with Roll FEATURED VEGGIES Seasoned Green Peas Fresh Veggies	9 Salisbury Steak w/ Buttered Noodles Chicken Tenders with Roll FEATURED VEGGIES Steamed Mixed Veggies Fresh Veggies	10 French Bread Pizza (V) Chicken Tenders with Roll FEATURED VEGGIES Steamed Carrots Fresh Veggies
13 Sloppy Joe on a Bun Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Crinkle Cut Fries Fresh Veggies	14 Doritos Walking Tacos Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Corn Fresh Veggies	15 Mini Corn Dog Nuggets Chicken Nuggets with Pretzel Rod Mini Corn Dog Nuggets Chicken Nuggets with Pretzel Rod	16 Chicken Alfredo with Penne Pasta & Garlic Bread Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Broccoli Fresh Veggies	17 Stuff Crust Cheese Pizza (V) Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Carrots Fresh Veggies
20 Cheeseburger on a Bun Chicken Patty on Bun FEATURED VEGGIES Crinkle Cut Fries Fresh Veggies	21 BBQ Pork Rib Sandwich Chicken Patty on Bun FEATURED VEGGIES Steamed Corn Fresh Veggies	22 French Toast Sticks with Sausage Links Chicken Patty on Bun FEATURED VEGGIES Tater Tots Fresh Veggies	23 Mac & Cheese (V) Chicken Patty on Bun FEATURED VEGGIES Steamed Tomatoes Fresh Veggies	24 Cheesy Pizza (V) Chicken Patty on Bun FEATURED VEGGIES Seasoned Green Beans Fresh Veggies
27 Italian Meatballs & Cheese on a Roll Chicken Tenders with Roll FEATURED VEGGIES Seasoned Corn Fresh Veggies	28 Popcorn Chicken Bowl w/ Dinner Roll Chicken Tenders with Roll FEATURED VEGGIES Steamed Corn Fresh Veggies	29 Hot Ham & Cheese on Pretzel Roll Chicken Tenders with Roll FEATURED VEGGIES Tater Tots Fresh Veggies	30 Cheese Lasagna w/ Garlic Breadstick (V) Chicken Tenders with Roll FEATURED VEGGIES Steamed Green Peas Fresh Veggies	

What is a Meal?

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.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat free chocolate, and strawberry

Daily Alternates

Fresh Entree Salad of the Week

Craveables
Weekly Cold Cut Sandwiches or Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Ryan Shissler, General Manager
570.654.2415 ext. 4196
ma1147@metzcorp.com

Meal Prices

Student Lunch \$0.00
Faculty Lunch \$4.85

