
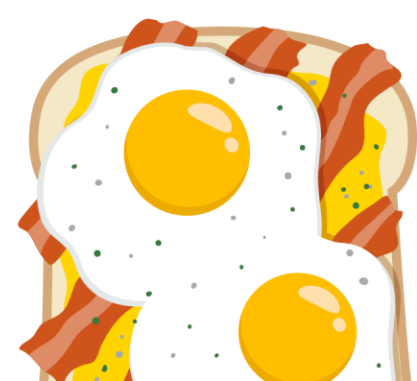
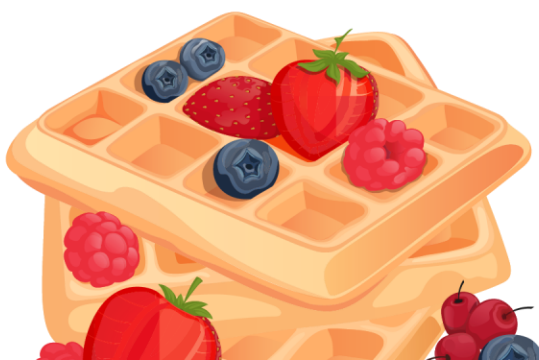


Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with Graham Crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, 100% fruit juice Choice of Milk 1% white, fat free chocolate, and strawberry (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
		1 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	2 Half Day Grab N' Go Assorted Cereals or Cereal Bar with Graham Crackers	3 No School	
6 No School	7 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Strawberries & Cream Smoothie Bowl with Graham Crackers 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 Egg, Sausage & Cheese on English Muffin 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 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Banana Split 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 Egg & Cheese on a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	30 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers		
Your Team Ryan Shissler, General Manager 570.654.2415 ext. 4196 ma1147@metzcorp.com		Meal Prices 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
		1 Mac & Cheese (V) With Roll FEATURED VEGGIES Stewed Tomatoes Fresh Vegetables	2 Half Day Sloppy Joe on a Bun FEATURED VEGGIES Sidewinder Fries Fresh Vegetables	3 No School
6 No School	7 Beef or Chicken Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Fresh Vegetables	8 BBQ Pulled Pork on a Roll FEATURED VEGGIES French Fries Fresh Vegetables	9 French Toast Sticks with Sausage Pattie FEATURED VEGGIES Tater Tots Fresh Vegetables	10 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn Fresh Vegetables
13 Salisbury Steak with Buttered Noodles FEATURED VEGGIES Steamed Peas Fresh Vegetables	14 Doritos Walking Taco FEATURED VEGGIES Steamed Golden Corn Fresh Vegetables	15 Chicken Alfredo with Garlic Toast FEATURED VEGGIES Seasoned Broccoli Fresh Vegetables	16 BBQ Pork Rib on a Bun FEATURED VEGGIES Steamed Garden Peas Fresh Vegetables	17 Cheese Quesadilla (V) FEATURED VEGGIES Roasted BBQ Cauliflower Fresh Vegetables
20 Chicken Parmesan Sandwich on Roll FEATURED VEGGIES Steamed Mixed Veggies Fresh Vegetables	21 Choice of Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Vegetables	22 Hot Ham & Cheese Pretzel Melt FEATURED VEGGIES Seasoned Carrots Fresh Vegetables	23 Build-Your-Own Burger FEATURED VEGGIES BBQ Baked Beans Fresh Vegetables	24 Cheese Stuffed Breadsticks with Marinara (V) FEATURED VEGGIES Steamed Green Beans Fresh Vegetables
27 Crispy General Tso's Chicken over White Rice FEATURED VEGGIES Steamed Broccoli Fresh Vegetables	28 Beef Enchilada FEATURED VEGGIES Curly Fries Fresh Vegetables	29 Mac & Cheese (V) With Roll FEATURED VEGGIES Stewed Tomatoes Fresh Vegetables	30 Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Fresh Vegetables	

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, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup

Choice of Milk

1% white, fat free chocolate, and strawberry

Daily Alternates

Fresh Entree Salads
Pepperoni & Cheese Pizza
Deli Sandwiches and Wraps
Hamburgers, Cheeseburgers,
Regular and Spicy Chicken
Patty

(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



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