
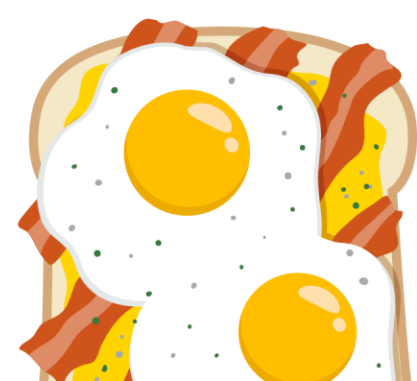
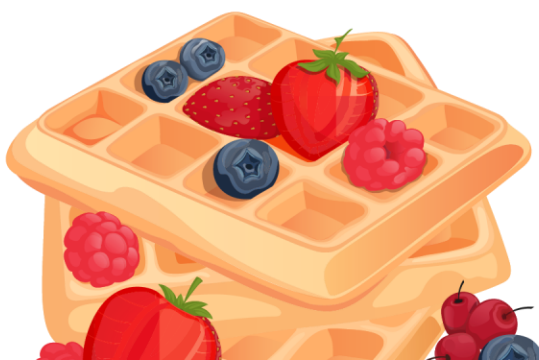








Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable 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>
<b>2</b>  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	<b>3</b>  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	<b>4</b>  Strawberries & Cream Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	<b>5</b>  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	<b>6</b>  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>9</b>  Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	<b>10</b>  Breakfast Bagel Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	<b>11</b>  Egg, Sausage & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	<b>12</b>  Mini Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	<b>13</b>  Apple Pie Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>16</b>  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	<b>17</b>  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	<b>18</b>  Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers	<b>19</b>  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	<b>20</b>  <u>No School</u>	
<b>23</b>  Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	<b>24</b>  Breakfast Bagel Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	<b>25</b>  Egg, Sausage & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	<b>26</b>  Mini Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	<b>27</b>  Apple Pie Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>30</b>  Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	<b>31</b>  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers				
<b>Your Team</b> Ryan Shissler, General Manager 570.654.2415 ext. 4196 <a href="mailto:ma1147@metzcorp.com">ma1147@metzcorp.com</a>		<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>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					
<p>2</p> <p>Salisbury Steak with Buttered Noodles</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Fresh Vegetables</p>	<p>3</p> <p>BBQ Pulled Pork On a Bun</p> <p><b>FEATURED VEGGIES</b> Steamed Golden Corn Fresh Vegetables</p>	<p>4</p> <p>Stromboli Sticks</p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Fresh Vegetables</p>	<p>5</p> <p>Beef Philly Cheesesteak</p> <p><b>FEATURED VEGGIES</b> Oven Fries Fresh Vegetables</p>	<p>6</p> <p>Cheese Quesadilla (V)</p> <p><b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Fresh Vegetables</p>	<p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup,</p> <p><b>Choice of Milk</b> 1% white, fat free chocolate, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salads Pepperoni &amp; Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
 <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					
<p>9</p> <p>Chicken Parmesan Sandwich on Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Mixed Veggies Fresh Vegetables</p>	<p>10</p> <p>Twin Hot Dogs On a Bun</p> <p><b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Vegetables</p>	<p>11</p> <p>Hot Ham &amp; Cheese Pretzel Melt</p> <p><b>FEATURED VEGGIES</b> French Fries Fresh Vegetables</p>	<p>12</p> <p>Build-Your-Own Burger</p> <p><b>FEATURED VEGGIES</b> BBQ Baked Beans Fresh Vegetables</p>	<p>13</p> <p>Italian Dunkers with Marinara (V)</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans Fresh Vegetables</p>	<p><b>Choice of Milk</b> 1% white, fat free chocolate, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salads Pepperoni &amp; Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
 <b>Pasta!</b> Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)					
<p>16</p> <p>General Tso's Chicken over White Rice</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Vegetables</p>	<p>17</p> <p>Turkey &amp; Bacon Panini</p> <p><b>FEATURED VEGGIES</b> Curly Fries Fresh Vegetables</p>	<p>18</p> <p>Mac &amp; Cheese (V) With Roll</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Fresh Vegetables</p>	<p>19</p> <p>Doritos Walking Tacos</p> <p><b>FEATURED VEGGIES</b> Seasoned Corn Fresh Vegetables</p>	<p>20</p> <p><b>No School</b></p>	<p><b>Choice of Milk</b> 1% white, fat free chocolate, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salads Pepperoni &amp; Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
 <b>Poblano's Mex-American!</b> Choice of soft- or hard-shell tortillas, tortilla chips, seasoned beef, chicken, pork, nacho cheese, topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas. Customizable for (V)					
<p>23</p> <p>Popcorn Chicken Mashed Potato Bowl with Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Corn Fresh Vegetables</p>	<p>24</p> <p>Chicken Fajitas w/ Peppers and Onions</p> <p><b>FEATURED VEGGIES</b> Sweet Chili Brussels Fresh Vegetables</p>	<p>25</p> <p>Italian Meatball &amp; Cheese on Steak Roll</p> <p><b>FEATURED VEGGIES</b> Curly Fries Fresh Vegetables</p>	<p>26</p> <p>Breakfast for Lunch</p> <p><b>FEATURED VEGGIES</b> Hash Browns Fresh Vegetables</p>	<p>27</p> <p>Loaded Pierogies</p> <p><b>FEATURED VEGGIES</b> Roasted Sweet Potato Fresh Vegetables</p>	<p><b>Choice of Milk</b> 1% white, fat free chocolate, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salads Pepperoni &amp; Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
 <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					
<p>30</p> <p>Cheeseburger Tater Tot Bowl</p> <p><b>FEATURED VEGGIES</b> Tater Tots Fresh Vegetables</p>	<p>31</p> <p>Beef or Chicken Nachos Grande</p> <p><b>FEATURED VEGGIES</b> Ranch Refried Bean Dip Fresh Vegetables</p>				<p><b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b> These items do not contain any animal products</p>
<p><b>Your Team</b> Ryan Shissler, General Manager 570.654.2415 ext. 4196 ma1147@metzcorp.com</p>		<p><b>Meal Prices</b> Student Lunch \$0.00 Faculty Lunch \$4.85</p>			

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