



Meet Your Nutritious Friend:
Mr. Oatis

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 3 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 4 Egg, Sausage & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers | 5 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 6 Chocolate Filled Crescent Assorted Cereals or Cereal Bar with Graham Crackers |
| 9 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers | 10 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 11 Cheese Omelet with Toast Assorted Cereals or Cereal Bar with Graham Crackers | 12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 13 Mini Confetti Pancakes Assorted Cereals or Cereal Bar with Graham Crackers |
| 16 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 17 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 18 Egg, Sausage & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers | 19 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 20 No School |
| 23 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers | 24 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 25 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 26 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 27 Strawberry Cream Cheese Filled Bagels Assorted Cereals or Cereal Bar with Graham Crackers |
| 30 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers | 31 Breakfast Bagel Pizza 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





Meet Your Nutritious Friend:
Mr. Oatis

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>2</p> <p>Sloppy Joe on a Bun Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Crinkle Cut Fries Fresh Veggies</p> | <p>3</p> <p>Doritos Walking Tacos Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Steamed Corn Fresh Veggies</p> | <p>4</p> <p>Mini Corn Dog Nuggets Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Tater Tots Fresh Veggies</p> | <p>5</p> <p>Chicken Alfredo with Penne Pasta & Garlic Bread Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Steamed Broccoli Fresh Veggies</p> | <p>6</p> <p>Stuff Crust Cheese Pizza (V) Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Steamed Carrots Fresh Veggies</p> |
| <p>9</p> <p>Cheeseburger on a Bun Chicken Patty on Bun</p> <p>FEATURED VEGGIES Crinkle Cut Fries Fresh Veggies</p> | <p>10</p> <p>BBQ Pork Rib Sandwich Chicken Patty on Bun</p> <p>FEATURED VEGGIES Steamed Corn Fresh Veggies</p> | <p>11</p> <p>French Toast Sticks with Sausage Links Chicken Patty on Bun</p> <p>FEATURED VEGGIES Tater Tots Fresh Veggies</p> | <p>12</p> <p>Mac & Cheese (V) Chicken Patty on Bun</p> <p>FEATURED VEGGIES Steamed Tomatoes Fresh Veggies</p> | <p>13</p> <p>Cheesy Pizza (V) Chicken Patty on Bun</p> <p>FEATURED VEGGIES Seasoned Green Beans Fresh Veggies</p> |
| <p>16</p> <p>Popcorn Chicken Bowl w/ Dinner Roll Chicken Tenders with Roll</p> <p>FEATURED VEGGIES Seasoned Corn Fresh Veggies</p> | <p>17</p> <p>Italian Meatballs & Cheese on a Roll Chicken Tenders with Roll</p> <p>FEATURED VEGGIES Steamed Corn Fresh Veggies</p> | <p>18</p> <p>Hot Ham & Cheese on Pretzel Roll Chicken Tenders with Roll</p> <p>FEATURED VEGGIES Tater Tots Fresh Veggies</p> | <p>19</p> <p>Cheese Lasagna w/ Garlic Breadstick (V) Chicken Tenders with Roll</p> <p>FEATURED VEGGIES Steamed Green Peas Fresh Veggies</p> | <p>20</p> <p>No School</p> |
| <p>23</p> <p>Italian Meatballs & Cheese on a Roll Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Steamed Green Beans Fresh Veggies</p> | <p>24</p> <p>Mac & Cheese (V) Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Stewed Tomatoes Fresh Veggies</p> | <p>25</p> <p>Hot Dog on a Bun Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Crinkle Cut Fries Fresh Veggies</p> | <p>26</p> <p>Toasted Cheese Sandwich (V) Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Tomato Soup Fresh Veggies</p> | <p>27</p> <p>Bunny Brunch French Toast Sticks with Sausage Links</p> <p>FEATURED VEGGIES Tator Tots Fresh Veggies</p> |
| <p>30</p> <p>Popcorn Chicken Bowl w/ Dinner Roll Chicken Patty on Bun</p> <p>FEATURED VEGGIES Steamed Corn Fresh Veggies</p> | <p>31</p> <p>Cheese Quesadilla (V) Chicken Patty on Bun</p> <p>FEATURED VEGGIES Seasoned Green Beans Fresh Veggies</p> | | | |

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

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ma1147@metzcorp.com

Meal Prices

Student Lunch \$0.00
Faculty Lunch \$4.85

