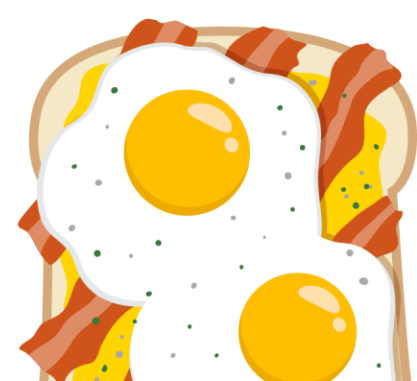
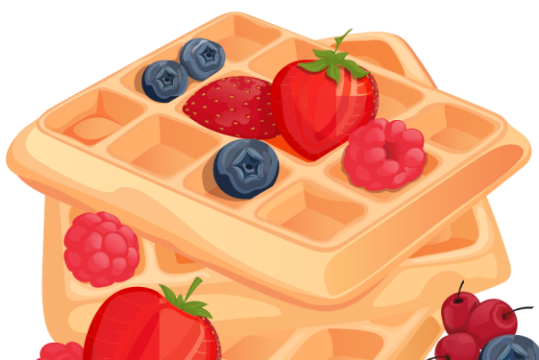



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable 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>
2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg, Sausage & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	5 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Strudel 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 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	12 Mini Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
16 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg, Sausage & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	20 <u>No School</u>	
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 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	26 Mini Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	27 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
30 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Pizza 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	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
2	3	4	5	6	
Salisbury Steak with Buttered Noodles FEATURED VEGGIES Steamed Peas Fresh Vegetables	Doritos Walking Taco FEATURED VEGGIES Steamed Golden Corn Fresh Vegetables	Chicken Alfredo with Garlic Toast FEATURED VEGGIES Seasoned Broccoli Fresh Vegetables	BBQ Pork Rib on a Bun FEATURED VEGGIES Steamed Garden Peas Fresh Vegetables	Cheese Quesadilla (V) FEATURED VEGGIES Roasted BBQ Cauliflower Fresh Vegetables	<p>Choice of Milk 1% white, fat free chocolate, and strawberry</p> <p>Daily Alternates Fresh Entree Salads Pepperoni & Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
9	10	11	12	13	
Chicken Parmesan Sandwich on Roll FEATURED VEGGIES Steamed Mixed Veggies Fresh Vegetables	Choice of Buffalo Chicken or Seasoned Steak over French Fries FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Vegetables	Hot Ham & Cheese Pretzel Melt FEATURED VEGGIES Seasoned Carrots Fresh Vegetables	Build-Your-Own Burger FEATURED VEGGIES BBQ Baked Beans Fresh Vegetables	Cheese Stuffed Breadsticks with Marinara (V) FEATURED VEGGIES Steamed Green Beans Fresh Vegetables	<p>Choice of Milk 1% white, fat free chocolate, and strawberry</p> <p>Daily Alternates Fresh Entree Salads Pepperoni & Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
16	17	18	19	20	
Crispy General Tso's Chicken over White Rice FEATURED VEGGIES Steamed Broccoli Fresh Vegetables	Beef Enchilada FEATURED VEGGIES Curly Fries Fresh Vegetables	Mac & Cheese (V) With Roll FEATURED VEGGIES Stewed Tomatoes Fresh Vegetables	Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Fresh Vegetables	No School	<p>Choice of Milk 1% white, fat free chocolate, and strawberry</p> <p>Daily Alternates Fresh Entree Salads Pepperoni & Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
23	24	25	26	27	
Italian Meatball & Cheese on Steak Roll FEATURED VEGGIES Green Beans Fresh Vegetables	Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Oriental Vegetables Fresh Vegetables	Cowboy Burger FEATURED VEGGIES Onion Rings Fresh Vegetables	Cheesesteak with Peppers & Onions FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Vegetables	Cheddar Cheese Pierogies FEATURED VEGGIES Steamed Green Peas Fresh Vegetables	<p>Choice of Milk 1% white, fat free chocolate, and strawberry</p> <p>Daily Alternates Fresh Entree Salads Pepperoni & Cheese Pizza Deli Sandwiches and Wraps Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty</p>
30	31				
Cheeseburger Tater Tot Bowl FEATURED VEGGIES Tater Tots Fresh Vegetables	Orange Chicken with Scallions over Fried Rice FEATURED VEGGIES Oriental Veggies Fresh Vegetables				<p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>Your Team Ryan Shissler, General Manager 570.654.2415 ext. 4196 ma1147@metzcorp.com</p>		<p>Meal Prices Student Lunch \$0.00 Faculty Lunch \$4.85</p>			

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