

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 Mini Chocolate Chip French Toast 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 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 on a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	19 Mini 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

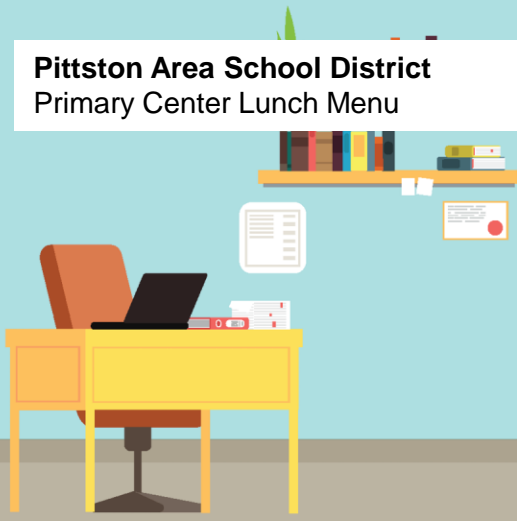
Your Team

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>Chimichanga 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>Mac & Cheese Chicken Tenders with Roll</p> <p>FEATURED VEGGIES Stewed Tomatoes 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 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>2nd Grade Bunny Brunch Italian Meatballs & Cheese on a Roll Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Tator Tots Fresh Veggies</p>	<p>24</p> <p>1st Grade Bunny Brunch Mini Corn Dog Nuggets Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Tator Tots Fresh Veggies</p>	<p>25</p> <p>KG Bunny Brunch 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 Crinkle Cut Fries Fresh Veggies</p>	<p>27</p> <p>Cheesy Pizza Chicken Nuggets with Pretzel Rod</p> <p>FEATURED VEGGIES Steamed Broccoli 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 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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Meal Prices

Student Lunch \$0.00
Faculty Lunch \$4.85

