
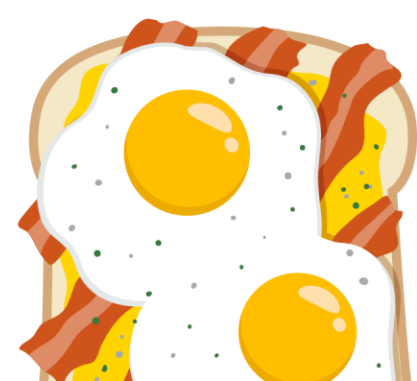
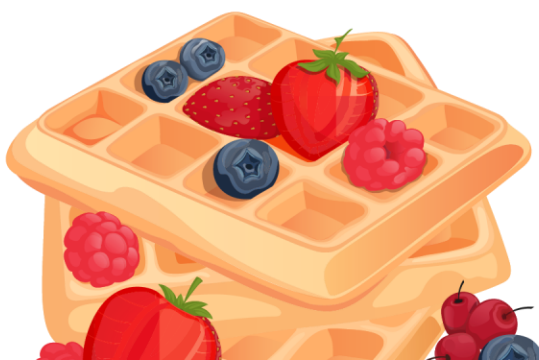








| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | <b>What is a Meal?</b><br>You must choose at least 3 of the 4 components available for the school breakfast price.<br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Fruit<br>- Choice of Milk<br><br>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.<br><br><b>Whole Grain Cereals</b><br><i>(served with Graham Crackers)</i><br>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes<br><br><b>Choice of Fruit</b><br>Seasonal fresh fruits, 100% fruit juice<br><br><b>Choice of Milk</b><br>1% white, fat free chocolate, and strawberry<br><br><b>(V) Vegetarian</b><br><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i><br><b>(VG) Vegan</b><br><i>These items do not contain any animal products</i> |
|--|--|--|---|--|---|
|  |  |  |   | 1<br><br>Apple Strudel<br><br>Assorted Cereals or Cereal Bar with Graham Crackers                                |   |
| 4<br><br>Mini Cinni Rolls<br><br>Assorted Cereals or Cereal Bar with Graham Crackers   | 5<br><br>Breakfast Bagel Pizza<br><br>Assorted Cereals or Cereal Bar with Graham Crackers  | 6<br><br>Egg, Sausage & Cheese Croissant<br><br>Assorted Cereals or Cereal Bar with Graham Crackers                          | 7<br><br>Mini Chocolate Chip French Toast<br><br>Assorted Cereals or Cereal Bar with Graham Crackers  | 8<br><br>Apple Pie Smoothie Bowl with Graham Crackers<br><br>Assorted Cereals or Cereal Bar with Graham Crackers |   |
| 11<br><br>Mini Blueberry Donut Holes<br><br>Assorted Cereals or Cereal Bar with Graham Crackers  | 12<br><br>Breakfast Pizza<br><br>Assorted Cereals or Cereal Bar with Graham Crackers       | 13<br><br>Breakfast Banana Split<br><br>Assorted Cereals or Cereal Bar with Graham Crackers                                  | 14<br><br>French Toast Sticks with Syrup<br><br>Assorted Cereals or Cereal Bar with Graham Crackers   | 15<br><br><u>Half Day</u><br>Grab n' Go<br><br>Assorted Cereals or Cereal Bar with Graham Crackers               |   |
| 18<br><br>Glazed Dunkin Sticks<br><br>Assorted Cereals or Cereal Bar with Graham Crackers  | 19<br><br>Breakfast Bagel Pizza<br><br>Assorted Cereals or Cereal Bar with Graham Crackers | 20<br><br>Egg, Sausage & Cheese Croissant<br><br>Assorted Cereals or Cereal Bar with Graham Crackers                         | 21<br><br>Mini Chocolate Chip French Toast<br><br>Assorted Cereals or Cereal Bar with Graham Crackers | 22<br><br>Dutch Waffle<br><br>Assorted Cereals or Cereal Bar with Graham Crackers                                |   |
| 25<br><br><u>No School</u>   | 26<br><br>Breakfast Pizza<br><br>Assorted Cereals or Cereal Bar with Graham Crackers       | 27<br><br>Strawberries & Cream Smoothie Bowl with Graham Crackers<br><br>Assorted Cereals or Cereal Bar with Graham Crackers | 28<br><br>French Toast Sticks with Syrup<br><br>Assorted Cereals or Cereal Bar with Graham Crackers   | 29<br><br>Apple Strudel<br><br>Assorted Cereals or Cereal Bar with Graham Crackers                               |   |
| <b>Your Team</b><br>Ryan Shissler, General Manager<br>570.654.2415 ext. 4196<br><a href="mailto:ma1147@metzcorp.com">ma1147@metzcorp.com</a> |  | <b>Meal Prices</b><br>Student Breakfast \$0.00<br>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?<br>You must choose at least 3 of the 5 components available for the school lunch price.<br><br>- Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Vegetable<br>- Choice of Fruit<br>- Choice of Milk<br><br>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.<br><br><b>Choice of Vegetable</b><br>Hot vegetable, leafy salad, seasonal fresh vegetables<br><br><b>Choice of Fruit</b><br>Seasonal fresh fruits, canned fruit in light syrup,<br><br><b>Choice of Milk</b><br>1% white, fat free chocolate, and strawberry<br><br><b>Daily Alternates</b><br>Fresh Entree Salads<br>Pepperoni & Cheese Pizza<br>Deli Sandwiches and Wraps<br>Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty |
|--|---|---|--|---|---|
|  <b>Pasta!</b> Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)  |   |   |  |   |   |
|  |   |   |  | 1<br><br>Doritos Walking Tacos<br><br><b>FEATURED VEGGIES</b><br>Steamed Corn<br>Fresh Vegetables                                 |   |
|  <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) |   |   |  |   |   |
| 4<br><br>Popcorn Chicken Mashed Potato Bowl with Roll<br><br><b>FEATURED VEGGIES</b><br>Steamed Corn<br>Fresh Vegetables   | 5<br><br>Chicken Fajitas w/ Peppers and Onions<br><br><b>FEATURED VEGGIES</b><br>Sweet Chili Brussels<br>Fresh Vegetables | 6<br><br>Italian Meatball & Cheese on Steak Roll<br><br><b>FEATURED VEGGIES</b><br>Curly Fries<br>Fresh Vegetables                | 7<br><br>Chicken or Birria Beef Cheesesteak<br><br><b>FEATURED VEGGIES</b><br>Crinkle Cut Oven Fries<br>Fresh Vegetables         | 8<br><br>Loaded Pierogis<br><br><b>FEATURED VEGGIES</b><br>Roasted Sweet Potato<br>Fresh Vegetables                               |   |
|  <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                               |   |   |  |   |   |
| 11<br><br>Cheeseburger Tater Tot Bowl<br><br><b>FEATURED VEGGIES</b><br>Tater Tots<br>Fresh Vegetables   | 12<br><br>Beef or Chicken Nachos Grande<br><br><b>FEATURED VEGGIES</b><br>Ranch Refried Bean Dip<br>Fresh Vegetables      | 13<br><br>Chicken Alfredo with Penne Pasta & Garlic Toast<br><br><b>FEATURED VEGGIES</b><br>Seasoned Broccoli<br>Fresh Vegetables | 14<br><br>Sloppy Joe on a Roll<br><br><b>FEATURED VEGGIES</b><br>Sidewinder Fries<br>Fresh Vegetables                            | 15<br><br><b>Half Day</b><br>Corn Dog on a Stick<br><br><b>FEATURED VEGGIES</b><br>Lemon-Parm Broccoli<br>Fresh Vegetables        |   |
|  <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                                     |   |   |  |   |   |
| 18<br><br>Pasta w/ Meat Sauce & Garlic Bread<br><br><b>FEATURED VEGGIES</b><br>Steamed Mixed Veggies<br>Fresh Vegetables   | 19<br><br>Sesame Chicken over Fried Rice<br><br><b>FEATURED VEGGIES</b><br>Oriental Veggies<br>Fresh Vegetables           | 20<br><br>BBQ Pork Sandwich on Toasted Ciabatta<br><br><b>FEATURED VEGGIES</b><br>French Fries<br>Fresh Vegetables                | 21<br><br>French Toast Sticks with Sausage Pattie<br><br><b>FEATURED VEGGIES</b><br>Tater Tots<br>Fresh Vegetables               | 22<br><br>Buffalo Chicken Dip with Tortilla Chips<br><br><b>FEATURED VEGGIES</b><br>Roasted Zucchini Parmesan<br>Fresh Vegetables |   |
|  <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   |   |   |  |   |   |
| <b>No School</b>   | 26<br><br>Doritos Walking Taco<br><br><b>FEATURED VEGGIES</b><br>Steamed Golden Corn<br>Fresh Vegetables                  | 27<br><br>Mac & Cheese (V) With Roll<br><br><b>FEATURED VEGGIES</b><br>Stewed Tomatoes<br>Fresh Vegetables                        | 28<br><br>Popcorn Chicken Mashed Potato Bowl with Roll<br><br><b>FEATURED VEGGIES</b><br>Steamed Golden Corn<br>Fresh Vegetables | 29<br><br>Cheese Quesadilla (V)<br><br><b>FEATURED VEGGIES</b><br>Roasted BBQ Cauliflower<br>Fresh Vegetables                     |   |
| <b>Your Team</b><br>Ryan Shissler, General Manager<br>570.654.2415 ext. 4196<br>ma1147@metzcorp.com  |   | <b>Meal Prices</b><br>Student Lunch \$0.00<br>Faculty Lunch \$4.85  |  |    |   |

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