



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chocolate Filled Crescent Assorted Cereals or Cereal Bar with Graham Crackers
4 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	6 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	7 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	8 Confetti Pancakes Assorted Cereals or Cereal Bar with Graham Crackers
11 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Cheese Omelet w/ Toast Assorted Cereals or Cereal Bar with Graham Crackers	14 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	15 <u>Half Day</u> Grab n' Go Assorted Cereals or Cereal Bar with Graham Crackers
18 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	20 Pancake and Sausage on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	21 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	22 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
25 <u>No School</u>	26 Breakfast Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg, Sausage & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	28 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	29 Chocolate Filled Crescent 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
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Meal Prices

Student Breakfast \$0.00
Faculty Breakfast \$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



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Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Stuffed Breadsticks (V) Chicken Tenders with Roll FEATURED VEGGIES Steamed Carrots Fresh Veggies
4 Italian Meatballs & Cheese on a Roll Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Green Beans Fresh Veggies	5 Mac & Cheese (V) Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Stewed Tomatoes Fresh Veggies	6 Hot Dog on a Bun Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Crinkle Cut Fries Fresh Veggies	7 Toasted Cheese Sandwich (V) Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Tomato Soup Fresh Veggies	8 Cheesy Pizza (V) Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Broccoli Fresh Veggies
11 Popcorn Chicken Bowl w/ Dinner Roll Chicken Patty on Bun FEATURED VEGGIES Steamed Corn Fresh Veggies	12 Cheese Quesadilla (V) Chicken Patty on Bun FEATURED VEGGIES Seasoned Green Beans Fresh Veggies	13 Mini Corn Dog Nuggets Chicken Patty on Bun FEATURED VEGGIES Steamed Broccoli Fresh Veggies	14 Hot Ham & Cheese on Pretzel Roll Chicken Patty on Bun FEATURED VEGGIES Seasoned Green Peas Fresh Veggies	15 Half Day Pizza Crunchers with Dipping Sauce (V) Chicken Patty on Bun FEATURED VEGGIES Steamed Carrots Fresh Veggies
18 Toasted Cheese Sandwich (V) Chicken Tenders with Roll FEATURED VEGGIES Tomato Soup Fresh Veggies	19 Beef Soft Tacos Chicken Tenders with Roll FEATURED VEGGIES Steamed Corn Fresh Veggies	20 Cheeseburger on a Bun Chicken Tenders with Roll FEATURED VEGGIES Seasoned Green Peas Fresh Veggies	21 Salisbury Steak w/ Buttered Noodles Chicken Tenders with Roll FEATURED VEGGIES Steamed Mixed Veggies Fresh Veggies	22 French Bread Pizza (V) Chicken Tenders with Roll FEATURED VEGGIES Steamed Carrots Fresh Veggies
25 No School	26 Doritos Walking Tacos Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Corn Fresh Veggies	27 Mini Corn Dog Nuggets Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Tater Tots Fresh Veggies	28 Chicken Alfredo with Penne Pasta & Garlic Bread Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Broccoli Fresh Veggies	29 Stuff Crust Cheese Pizza (V) Chicken Nuggets with Pretzel Rod FEATURED VEGGIES Steamed Carrots Fresh Veggies

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

Ryan Shissler, General Manager
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ma1147@metzcorp.com

Meal Prices

Student Lunch \$0.00
Faculty Lunch \$4.85

