
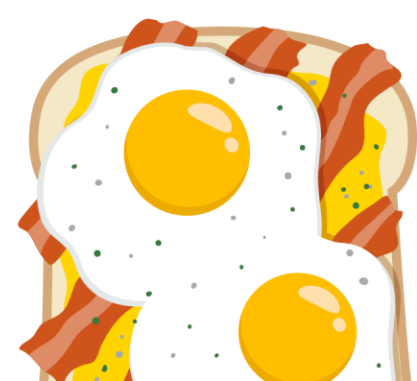
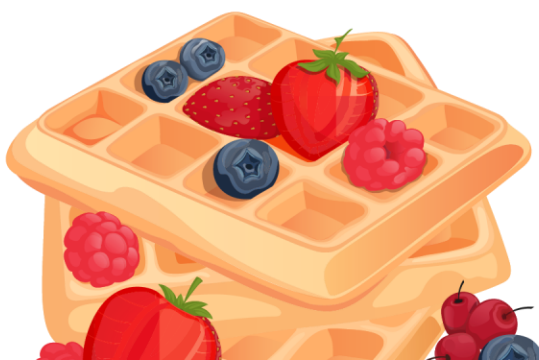


Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable 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>
				1 Apple Strudel 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 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	7 Mini Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
11 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	14 French Toast Sticks with Syrup 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 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini Chocolate Chip French Toast 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 Pizza Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg, Sausage & Cheese on English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	28 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	29 Apple Strudel 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
				1 Pizza Crunchers with Dipping Sauce (V) FEATURED VEGGIES Glazed Carrots Fresh Vegetables
4 Italian Meatball & Cheese on Steak Roll FEATURED VEGGIES Green Beans Fresh Vegetables	5 Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Oriental Vegetables Fresh Vegetables	6 Cowboy Burger FEATURED VEGGIES Onion Rings Fresh Vegetables	7 Cheesesteak with Peppers & Onions FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Vegetables	8 Cheddar Cheese Pierogies FEATURED VEGGIES Steamed Green Peas Fresh Vegetables
11 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Tater Tots Fresh Vegetables	12 Orange Chicken with White Rice FEATURED VEGGIES Oriental Veggies Fresh Vegetables	13 Mac & Cheese (V) With Roll FEATURED VEGGIES Stewed Tomatoes Fresh Vegetables	14 Sloppy Joe on a Bun FEATURED VEGGIES Sidewinder Fries Fresh Vegetables	15 Half Day Buffalo Chicken Dip over Tortilla Chips FEATURED VEGGIES Lemon-Parm Broccoli Fresh Vegetables
18 Meatballs in Marinara with Pasta & Garlic Bread FEATURED VEGGIES Steamed Mixed Veggies Fresh Vegetables	19 Beef or Chicken Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Fresh Vegetables	20 BBQ Pulled Pork on a Roll FEATURED VEGGIES French Fries Fresh Vegetables	21 French Toast Sticks with Sausage Pattie FEATURED VEGGIES Tater Tots Fresh Vegetables	22 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn Fresh Vegetables
25 No School	26 Cheeseburger on a Bun FEATURED VEGGIES French Fries Fresh Vegetables	27 Chicken Alfredo over Pasta with Garlic Toast FEATURED VEGGIES Seasoned Broccoli Fresh Vegetables	28 BBQ Pork Rib on a Bun FEATURED VEGGIES Steamed Garden Peas Fresh Vegetables	29 Cheese Quesadilla (V) FEATURED VEGGIES Roasted BBQ Cauliflower Fresh Vegetables

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

(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 Lunch \$0.00
Faculty Lunch \$4.85



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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