



**Meet Your Nutritious Friend:**  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				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  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  Strawberry Cream Cheese Filled Bagels  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  Egg & Cheese Croissant  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 English Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	28  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	29  Apple Strudel  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:**  
Avocado-do

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



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES