HIGH SCHOOL BREAKFAST MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinni Rolls	**3** Breakfast Bagel Pizza	**4** Egg, Sausage & Cheese Croissant	**5** French Toast Sticks with Syrup	**6** Apple Pie Smoothie Bowl with Graham Crackers
9 Mini Maple Pancakes	**10** Breakfast Pizza	**11** **No School**	**12** Chocolate Chip French Toast	**13** Apple Strudel
16 Mini Cinni Rolls	**17** Breakfast Bagel Pizza	**18** Egg, Sausage & Cheese Croissant	**19** French Toast Sticks with Syrup	**20** Apple Pie Smoothie Bowl with Graham Crackers
23 **Half Day** Grab N' Go	**24** **Half Day** Grab N' Go	**25** **Half Day** Grab N' Go	**26** **No School**	**27** **No School**
30 **No School**	**1** Breakfast Bagel Pizza	**2** Egg, Sausage & Cheese Croissant	**3** French Toast Sticks with Syrup	**4** Dutch Waffle

MAKE IT A MEAL!

Choose at least 3 of 4 meal components for the school breakfast price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

Breakfast Prices

Student $0.00
Adult $3.10

Available Daily

Assorted cereals and cereal bars
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios,
Rice Crunch, Kix, Cheerios,
Froot Loops, Frosted Flakes

Fruit Selection

Seasonal fresh fruits, 100% fruit juice
Students may choose two ½ cup servings

Milk Selection

1% or fat-free white, chocolate, and strawberry

Your Dining Services Team

Ryan Shissler
General Manager
570.654.2415 ext. 4196
ryan.shissler@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

HIGH SCHOOL LUNCH MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken Mashed Potato Bowl with Roll **FEATURED VEGGIES** Steamed Corn Fresh Vegetables	**3** Choice of Buffalo Chicken or Seasoned Steak over French Fries **FEATURED VEGGIES** Crinkle Cut Oven Fries Fresh Vegetables	**4** Hot Ham & Cheese Pretzel Melt **FEATURED VEGGIES** French Fries Fresh Vegetables	**5** Chicken Fajitas w/ Peppers and Onions **FEATURED VEGGIES** Sweet Chili Brussels Fresh Vegetables	**6** Italian Dunkers with Marinara (V) **FEATURED VEGGIES** Steamed Green Beans Fresh Vegetables
Loaded Fries Bar! 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				
9 General Tso's Chicken with Rice **FEATURED VEGGIES** Steamed Broccoli Fresh Vegetables	**10** Turkey & Bacon Panini **FEATURED VEGGIES** Curly Fries Fresh Vegetables	**11** **No School**	**12** Classic Toasted Cheese Sandwich (V) **FEATURED VEGGIES** Tomato Soup Fresh Vegetables	**13** Doritos Walking Tacos **FEATURED VEGGIES** Steamed Corn Fresh Vegetables
Pasta! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese. Customizable for (V)				
16 Chicken Parmesan Sandwich on Roll **FEATURED VEGGIES** Steamed Mixed Veggies Fresh Vegetables	**17** Build-Your-Own Burger **FEATURED VEGGIES** BBQ Baked Beans Fresh Vegetables	**18** Italian Meatball & Cheese on Steak Roll **FEATURED VEGGIES** Curly Fries Fresh Vegetables	**Thanksgiving Meal** **19** Roasted Turkey Herb Stuffing Mashed Potatoes **FEATURED VEGGIES** Mixed Vegetables Fresh Vegetables	**20** Loaded Pierogis **FEATURED VEGGIES** Roasted Sweet Potato Fresh Vegetables
Poblano's Mex-American! 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)				
Half Day **23** Cheeseburger Tater Tot Bowl **FEATURED VEGGIES** Tater Tots Fresh Vegetables	**Half Day** **24** Beef or Chicken Nachos Grande **FEATURED VEGGIES** Ranch Refried Bean Dip Fresh Vegetables	**Half Day** **25** Chicken Alfredo w/ Penne Pasta & Garlic Toast **FEATURED VEGGIES** Seasoned Broccoli Fresh Vegetables	**26** **No School**	**27** **No School**
Asian Station Bar! 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				
30 **No School**	**1** Sesame Chicken over Fried Rice **FEATURED VEGGIES** Oriental Veggies Fresh Vegetables	**2** BBQ Pork Sandwich on Toasted Ciabatta **FEATURED VEGGIES** French Fries Fresh Vegetables	**3** French Toast Sticks with Sausage Pattie **FEATURED VEGGIES** Tater Tots Fresh Vegetables	**4** Corn Dog on a Stick **FEATURED VEGGIES** Roasted Zucchini Parmesan Fresh Vegetables
Loaded Fries Bar! 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				

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price: Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student $0.00
Adult $5.10

Available Daily

Fresh Entree Salads
Pepperoni & Cheese Pizza
Deli Sandwiches and Wraps
Hamburgers, Cheeseburgers, Regular and Spicy Chicken Patty

Fruit & Veggie Selection

Seasonal fresh fruits, canned fruit in light syrup Hot vegetable, leafy salad, seasonal fresh vegetables
Students may choose two ½ cup servings.

Milk Selection

1% or fat-free white, chocolate, and strawberry

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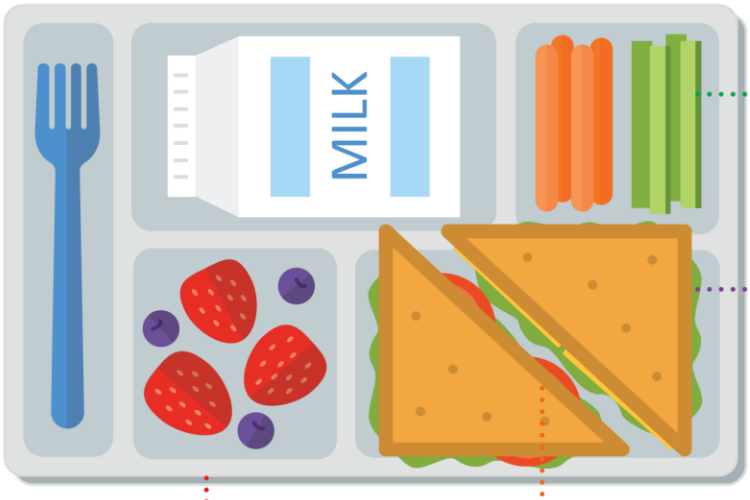

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or ½ cup serving of vegetables must accompany a school lunch.

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

BREAKFAST PRICES

Student Breakfast:	$0.00
Adult Breakfast:	$3.10

LUNCH PRICES

Student Lunch:	$0.00
Adult Lunch:	$5.10

YOUR DINING SERVICES TEAM
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