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## INTERMEDATE CENTER BREAKFAST MENU

# November 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>Mini Cinni Rolls | 3<br>Breakfast Bagel Pizza | 4<br>Cheese Omelet with Toast | 5<br>French Toast Sticks with Syrup | 6<br>Mini Confetti Pancakes |
| 9<br>Mini Maple Pancakes | 10<br>Breakfast Bagel Pizza | 11<br>**No School** | 12<br>Chocolate Chip French Toast | 13<br>Chocolate Filled Crescent |
| 16<br>Mini Cinni Rolls | 17<br>Breakfast Bagel Pizza | 18<br>Mini Maple Pancakes | 19<br>French Toast Sticks with Syrup | 20<br>Mini Maple Waffles |
| 23<br>**Half Day**<br>Grab N' Go | 24<br>**Half Day**<br>Grab N' Go | 25<br>**Half Day**<br>Grab N' Go | 26<br>**No School** | 27<br>**No School** |
| 30<br>**No School** | 1<br>Breakfast Bagel Pizza | 2<br>Pancake and Sausage on a Stick | 3<br>French Toast Sticks With Syrup | 4<br>Dutch Waffle |

**MAKE IT A MEAL!**
Choose at least **3** of **4** meal components for the school breakfast price:
Whole Grain, Meat/Meal Alternative, 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.

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## INTERMEDIATE CENTER LUNCH MENU

# November 2026

EAT SMART
BE SMART

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>Cheeseburger on a Bun<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Crinkle Cut Fries<br>Fresh Veggies | **3**<br>BBQ Pork Rib Sandwich<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Steamed Corn<br>Fresh Veggies | **4**<br>French Toast Sticks<br>with Sausage Links<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Tater Tots<br>Fresh Veggies | **5**<br>Mac & Cheese (V)<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Steamed Tomatoes<br>Fresh Veggies | **6**<br>Cheesy Pizza (V)<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Seasoned Green Beans<br>Fresh Veggies |
| **9**<br>Popcorn Chicken Bowl w/<br>Dinner Roll<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Seasoned Corn<br>Fresh Veggies | **10**<br>Italian Meatballs & Cheese on a Roll<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Steamed Corn<br>Fresh Veggies | **11**<br>**No School** | **12**<br>Cheese Lasagna w/ Garlic<br>Breadstick (V)<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Steamed Green Peas<br>Fresh Veggies | **13**<br>Cheese Stuffed Breadsticks (V)<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Steamed Carrots<br>Fresh Veggies |
| **16**<br>Cheddar Pierogies<br>Chicken Nuggets with Pretzel<br>Rod<br>FEATURED VEGGIES<br>Steamed Green Beans<br>Fresh Veggies | **17**<br>Nacho Grande<br>Chicken Nuggets with Pretzel<br>Rod<br>FEATURED VEGGIES<br>Stewed Tomatoes<br>Fresh Veggies | **18**<br>Hot Dog on a Bun<br>Chicken Nuggets with Pretzel<br>Rod<br>FEATURED VEGGIES<br>Crinkle Cut Fries<br>Fresh Veggies | **19**<br>**Thanksgiving Meal**<br>Thanksgiving Turkey<br>Herb Stuffing<br>Mashed Potatoes<br>FEATURED VEGGIES<br>Steamed Mixed Vegetables<br>Fresh Vegetables | **20**<br>Cheesy Pizza (V)<br>Chicken Nuggets with Pretzel<br>Rod<br>FEATURED VEGGIES<br>Steamed Broccoli<br>Fresh Veggies |
| **23**<br>**Half Day**<br>Popcorn Chicken Bowl w/<br>Dinner Roll<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Steamed Corn<br>Fresh Veggies | **24**<br>**Half Day**<br>Cheese Quesadilla (V)<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Seasoned Green Beans<br>Fresh Veggies | **25**<br>**Half Day**<br>Mini Corn Dog Nuggets<br>Chicken Patty on Bun<br>FEATURED VEGGIES<br>Steamed Broccoli<br>Fresh Veggies | **26**<br>**No School** | **27**<br>**No School** |
| **30**<br>**No School** | **1**<br>Beef Soft Tacos<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Steamed Corn<br>Fresh Veggies | **2**<br>Cheeseburger on a Bun<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Seasoned Green Peas<br>Fresh Veggies | **3**<br>Salisbury Steak w/ Buttered<br>Noodles<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Steamed Mixed Veggies<br>Fresh Veggies | **4**<br>French Bread<br>Pizza (V)<br>Chicken Tenders<br>with Roll<br>FEATURED VEGGIES<br>Steamed Carrots<br>Fresh Veggies |

**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 Salad of the Week
Craveables
Weekly Cold Cut Sandwiches or Wraps

### Fruit & Veggie Selection

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice, Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
Students may choose two ½ cup servings.

### Milk Selection

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

### Your Dining Services Team

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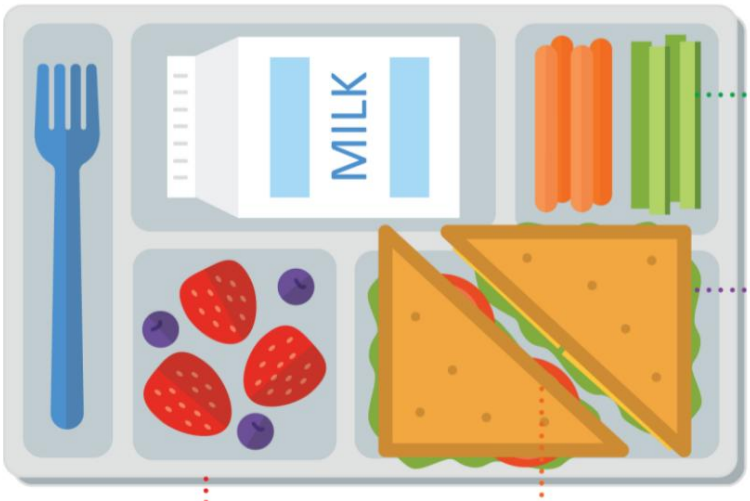


### MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

### 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!

## 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 of ½ cup serving of fruit or vegetable must accompany a school lunch.

## LUNCH PRICES

| | |
|---|---|
| Student Lunch: | $0.00 |
| Adult Lunch: | $5.10 |

## Meet Your nutritious friends

Try quinoa on the menu this month!

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 |

**YOUR DINING SERVICES TEAM**

**Ryan Shissler, General Manager**
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