
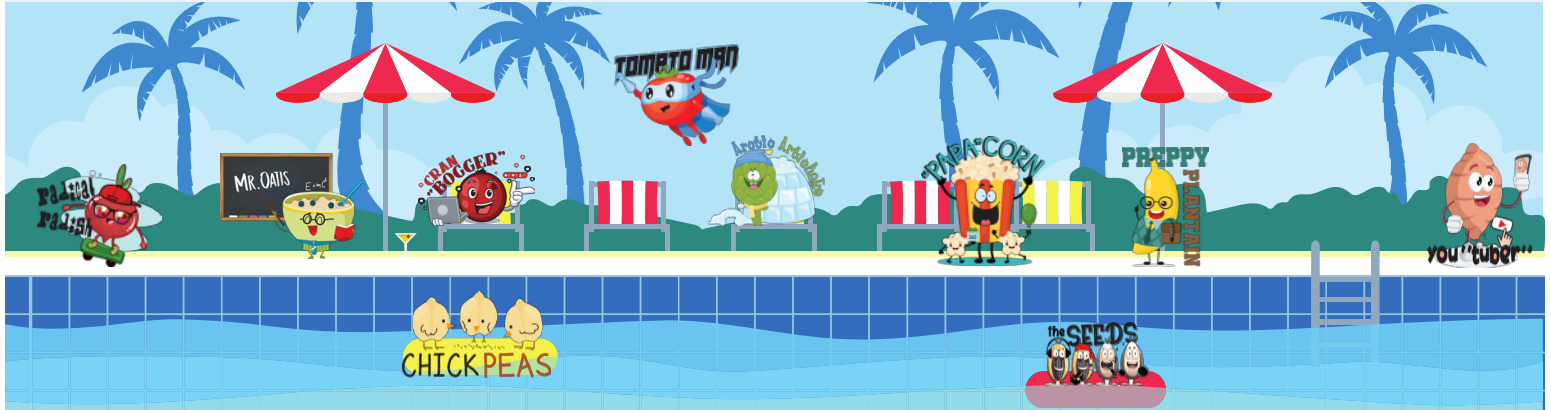
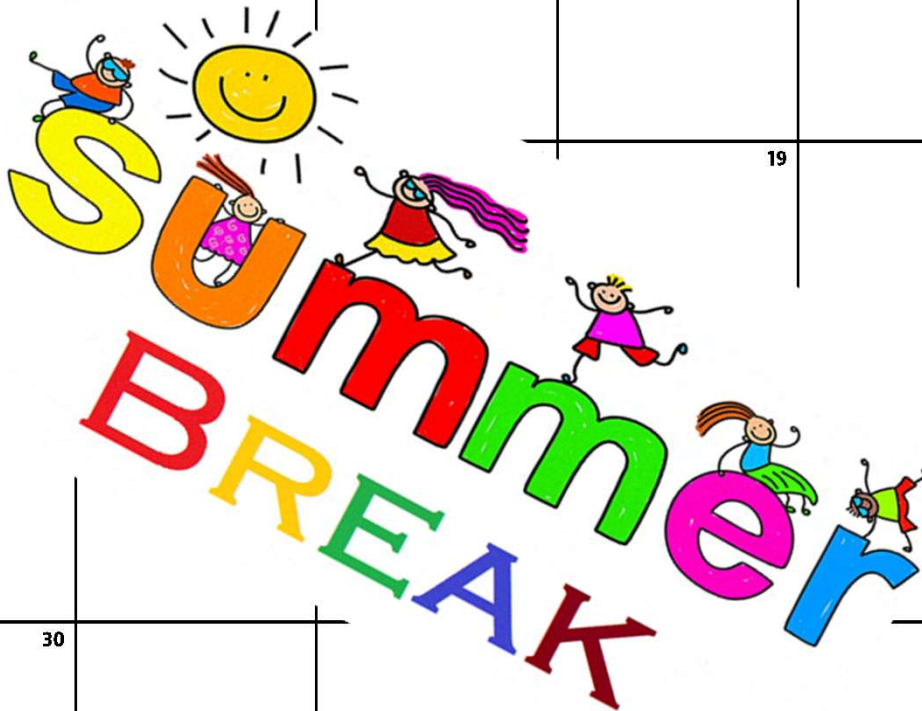


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Froot Loop Waffles Assorted Cereals or Cereal Bar with Graham Crackers	3 <u>Half Day!</u> Assorted Grab N' Go Assorted Cereals or Cereal Bar with Graham Crackers	4 <u>Half Day!</u> Assorted Grab N' Go Assorted Cereals or Cereal Bar with Graham Crackers	5 <u>Half Day!</u> Assorted Grab N' Go Assorted Cereals or Cereal Bar with Graham Crackers	6	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. <ul style="list-style-type: none"> - 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, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% or fat-free white, 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>
9	10	11	12	13	
16	17	18	19	20	
				27	
30					
Your Team Ryan Shissler, General Manager 570.654.2415 ext. 4196 ma1147@metzcorp.com			Meal Prices Student Breakfast \$0.00 Faculty Breakfast \$3.00		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Cook's Choice FEATURED VEGGIES Fresh Vegetables Fresh Fruit Choice of Milk	3 <u>Half Day!</u> Cook's Choice FEATURED VEGGIES Fresh Vegetables Fresh Fruit Choice of Milk	4 <u>Half Day!</u> Cook's Choice FEATURED VEGGIES Fresh Vegetables Fresh Fruit Choice of Milk	5 <u>Half Day!</u> Cook's Choice FEATURED VEGGIES Fresh Vegetables Fresh Fruit Choice of Milk	6	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> - 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% or fat-free white, chocolate, vanilla, and strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>
9	10	11	12	13	
			19	20	
				27	
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Your Team

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ma1147@metzcorp.com

Meal Prices

Student Lunch \$0.00
Faculty Lunch \$4.75

