MIDDLE SCHOOL BREAKFAST MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinni Rolls	**3** Breakfast Bagel Pizza	**4** Apple Pie Smoothie Bowl with Graham Crackers	**5** French Toast Sticks with Syrup	**6** Strawberry Pancakes
9 Mini Maple Pancakes	**10** Breakfast Pizza	**11** **No School**	**12** Chocolate Chip French Toast	**13** Apple Strudel
16 Mini Cinni Rolls	**17** Grab N' Go	**18** Apple Pie Smoothie Bowl with Graham Crackers	**19** French Toast Sticks with Syrup	**20** Froot Loop Waffles
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** Strawberries & Cream Smoothie Bowl with Graham Crackers	**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

MIDDLE SCHOOL LUNCH MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Parmesan Sandwich on Roll **FEATURED VEGGIES** **Steamed Mixed Veggies** **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** **Seasoned Carrots** **Fresh Vegetables**	**5** Build-Your-Own Burger **FEATURED VEGGIES** **BBQ Baked Beans** **Fresh Vegetables**	**6** Cheese Stuffed Breadsticks with Marinara (V) **FEATURED VEGGIES** **Steamed Green Beans** **Fresh Vegetables**
9 General Tso's Chicken over White Rice **FEATURED VEGGIES** **Steamed Broccoli** **Fresh Vegetables**	**10** Beef Enchilada **FEATURED VEGGIES** **Curly Fries** **Fresh Vegetables**	**11** **No School** 	**12** **Thanksgiving Meal** Roasted Turkey Herb Stuffing Mashed Potatoes **FEATURED VEGGIES** **Mixed Vegetables** **Fresh Vegetables**	**13** Pizza Crunchers with Dipping Sauce (V **FEATURED VEGGIES** **Glazed Carrots** **Fresh Vegetables**
16 Italian Meatball & Cheese on Steak Roll **FEATURED VEGGIES** **Green Beans** **Fresh Vegetables**	**17** Pepper Steak Bowl with Lo Mein Noodles **FEATURED VEGGIES** **Oriental Vegetables** **Fresh Vegetables**	**18** Cowboy Burger **FEATURED VEGGIES** **Onion Rings** **Fresh Vegetables**	**19** Popcorn Chicken Mashed Potato Bowl with Roll **FEATURED VEGGIES** **Steamed Corn** **Fresh Vegetables**	**20** Cheddar Cheese Pierogis **FEATURED VEGGIES** **Steamed Green Peas** **Fresh Vegetables**
23 **Half Day** Cheeseburger Tater Tot Bowl **FEATURED VEGGIES** **Tater Tots** **Fresh Vegetables**	**24** **Half Day** Orange Chicken with Scallions over White Rice **FEATURED VEGGIES** **Oriental Veggies** **Fresh Vegetables**	**25** **Half Day** Mac & Cheese (V) With Roll **FEATURED VEGGIES** **Stewed Tomatoes** **Fresh Vegetables**	**26** **No School** 	**27** **No School**
30 **No School** 	**1** Beef or Chicken Nachos Grande **FEATURED VEGGIES** **Ranch Refried Bean Dip** **Fresh Vegetables**	**2** BBQ Pulled Pork on a Roll **FEATURED VEGGIES** **French Fries** **Fresh Vegetables**	**3** French Toast Sticks with Sausage Pattie **FEATURED VEGGIES** **Tator Tots** **Fresh Vegetables**	**4** Cheesesteak with Peppers & Onions **FEATURED VEGGIES** **Crinkle Cut Oven Fries** **Fresh Vegetables**

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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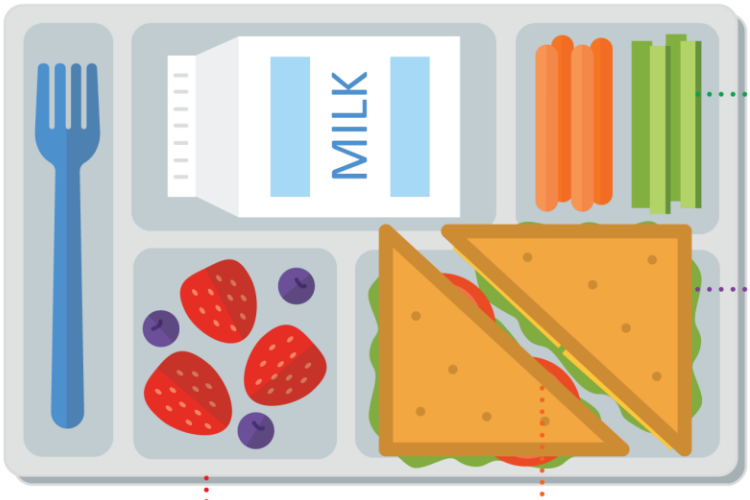

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

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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