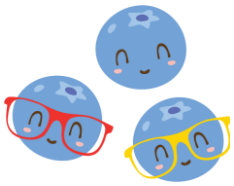
PRIMARY CENTER BREAKFAST MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinni Rolls	3 Breakfast Bagel Pizza	4 Cheese Omelet with Toast	5 French Toast Sticks with Syrup	6 Mini Confetti Pancakes
9 Mini Maple Pancakes	10 Breakfast Bagel Pizza	11 **No School**	12 Chocolate Chip French Toast	13 Apple Strudel
16 Mini Cinni Rolls	17 Breakfast Bagel Pizza	18 Mini Maple Pancakes	19 French Toast Sticks with Syrup	20 Strawberry Cream Cheese Filled Bagels
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 Pancake and Sausage on a Stick	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:
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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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

PRIMARY CENTER LUNCH MENU

November 2026

EAT SMART BE SMART

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

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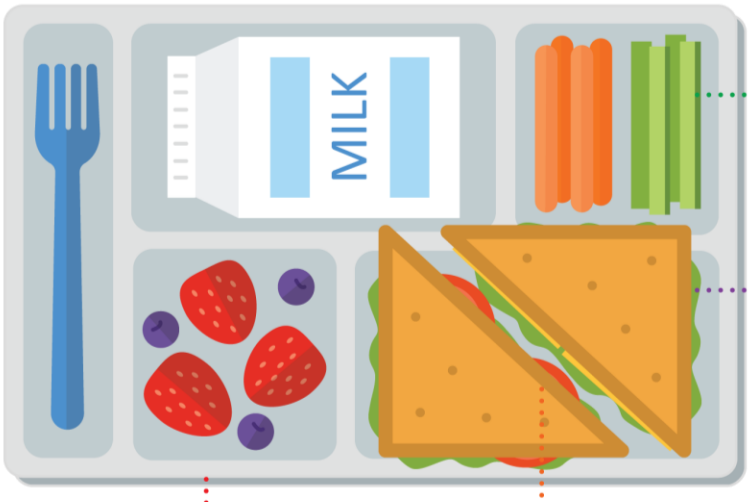

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

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

schoolcafé

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

Meet Your nutritious friends

Try quinoa on the menu this month!

BREAKFAST PRICES

Student Breakfast:	$0.00
Adult Breakfast:	$3.10

YOUR DINING SERVICES TEAM
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