


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
			1	2	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>						
5	6	7	8	9							
12	13	14	15	16							
19	20	21	22	23							
26	27	28	29	30							
<p>Mini Cinni Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Pancake Wrap Sausage on A Stick</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>French Toast Sticks with Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<p><b>Your Team</b> Tracy Drank, General Manager 570-674-7208 ext. 1039 <a href="mailto:ma1042@metzcorp.com">ma1042@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$3.00</td> </tr> </table>		Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$3.00	
Student Breakfast	\$0.00										
Reduced Breakfast	\$0.00										
Faculty Breakfast	\$3.00										

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
			1	2	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>						
5	6	7	8	9							
12	13	14	15	16							
19	20	General Tso Chicken Steamed Rice 21	Chicken Parmesan over Pasta & Marinara 22	Italian Dunkers (V) with Marinara Dipping Sauce 23							
		<p><b>Featured Veggies</b> Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p>							
BBQ Rib Patty on a Club Roll 26	Walking Taco Topping Bar 27	Buffalo Chicken Bites Choice of Sauce 28	Mashed Potato Chicken Bowl 29	Pierogis (V) Butter & Onions Dinner Roll 30	<p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p>						
<p><b>Featured Veggies</b> Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Mashed Potatoes Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p><b>Featured Veggies</b> Steamed Carrots Fresh Vegetables Fresh Fruit Choice of Milk</p>							
<p><b>Your Team</b> Tracy Drank, General Manager 570-674-7408 ext. 1039 <a href="mailto:ma1042@metzcorp.com">ma1042@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$2.80</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.40</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$4.00</td> </tr> </table>		Student Breakfast	\$2.80	Reduced Breakfast	\$0.40	Faculty Breakfast	\$4.00	
Student Breakfast	\$2.80										
Reduced Breakfast	\$0.40										
Faculty Breakfast	\$4.00										

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

