



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1	2	<p>What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <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>Whole Grain Cinnamon Bun</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Whole Grain Blueberry Muffin/ Graham Cracker</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Mini French Toast</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p> <p>Mini Pancakes</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Whole Grain Mini Cinni</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p> <p>Apple Frudel</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	<p>Whole Grain Banana Breakfast Bread</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p> <p>Whole Grain Mini Cinni</p> <p>Assorted 100% Fruit Juice Assorted Fresh Fruit or Canned Fruit Choice of Milk</p>	
<p>Your Team Tracy Drank, General Manager 570-674-7208 ext. 1039 ma10420@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.00</p>		<p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>

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>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p>						
5	6	7	8	9							
12	13	14	15	16							
19	20	Breaded Chicken Tender ²¹ Dinner Roll Or Turkey & Cheese Hoagie	Corn Dog on a Stick ²² Or Turkey & Cheese Hoagie	Italian Dunkers with Dipping Sauce (V) ²³ Or Turkey & Cheese Hoagie							
26	Beef Tacos Topping Bar ²⁷ Or Ham & Cheese Hoagie	BBQ Rib Patty on a Bun ²⁸ Or Ham & Cheese Hoagie	Hamburger or Cheeseburger on a Bun ²⁹ Or Ham & Cheese Hoagie	Cheese Pizza (V) ³⁰ Or Ham & Cheese Hoagie							
<p>Meatball Hoagie Or Ham & Cheese Hoagie</p> <p>Featured Veggies Steamed Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p>							
<p>Your Team Tracy Drank, General Manager 570-674-7208 ext. 1039 ma1042@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.55</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.40</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table>		Student Lunch	\$2.55	Reduced Lunch	\$0.40	Faculty Lunch	\$4.00	<p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>
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