



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<p style="text-align: right;">3</p> <p>Cinnamon Roll</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">4</p> <p>Whole Grain Donut</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">5</p> <p>Egg and Cheese On a Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">6</p> <p>Apple Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">7</p> <p>Mini Cinni</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<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 Graham Crackers) MAY INCLUDE: 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 chocolate</p>						
<p style="text-align: right;">10</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">11</p> <p>Egg and Cheese On a Croissant</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">12</p> <p>Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">13</p> <p>Whole Grain Breakfast Breads</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">14</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<p style="text-align: right;">17</p> <p style="text-align: center;">No School</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">No School</p>	<p style="text-align: right;">19</p> <p>Egg and Cheese On a Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">20</p> <p>Apple Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">21</p> <p>Mini Cinni</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<p style="text-align: right;">24</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">25</p> <p>Egg and Cheese On a Croissant</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">26</p> <p>Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">27</p> <p>Whole Grain Breakfast Breads</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p style="text-align: right;">28</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p>	<p style="text-align: right;">31</p>	<p style="text-align: right;">31</p>							
<p>Your Team Anna Bayer, General Manager 570-674-7234 ma1042@metzcorp.com</p>			<p>Meal Prices</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Student Breakfast</td> <td style="text-align: right;">\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td style="text-align: right;">\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td style="text-align: right;">\$3.00</td> </tr> </table>		Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$3.00	
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<p>What is a Meal?</p> <p>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>3</p> <p>Chicken Fingers with Mashed and Gravy</p> <p>Featured Veggies Vegetables Bar Fruit Bar Choice of Milk</p>	<p>4</p> <p>Walking Taco Topping Bar</p> <p>Featured Veggies Refried Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p>5</p> <p>Chicken Potsticker Ramen Bowl with Grilled Chicken and Yakisoba Noodles</p> <p>Featured Veggies Oriental Mixed Vegetables Bar Fruit Bar Choice of Milk</p>	<p>6</p> <p>Pasta and Meatballs</p> <p>Featured Veggies Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>7</p> <p>Hot Dog Topping Bar</p> <p>Featured Veggies Baked Beans Vegetables Bar Fruit Bar Choice of Milk</p>							
<p>10</p> <p>BBQ Rib Patty Sandwich</p> <p>Featured Veggies Sidewinder Fries Vegetables Bar Fruit Bar Choice of Milk</p>	<p>11</p> <p>General Tso Chicken & steamed Rice</p> <p>Featured Veggies Steamed Corn Vegetables Bar Fruit Bar Choice of Milk</p>	<p>12</p> <p>Chicken wing dip and Nachos</p> <p>Featured Veggies Mixed Vegetables Vegetables Bar Fruit Bar Choice of Milk</p>	<p>13</p> <p>Cheesy Chicken Enchilada</p> <p>Featured Veggies Refried Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>14</p> <p>Half Day-Breakfast only</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 chocolate</p>						
<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>Buffalo Chicken Bites Choice of Sauce Buttered Noodles</p> <p>Featured Veggies Mixed Vegetables Vegetables Bar Fruit Bar Choice of Milk</p>	<p>20</p> <p>Steak and Cheese Sandwich</p> <p>Featured Veggies Sidewinder Fries Vegetables Bar Fruit Bar Choice of Milk</p>	<p>21</p> <p>Chicken Alfredo Garlic Breadstick</p> <p>Featured Veggies Steamed Broccoli Vegetables Bar Fruit Bar Choice of Milk</p>	<p>Daily Alternates</p> <p>J.Clark's Grille Mountaineer Hoagie Cheeseburger Hamburger Chicken Patty Spicy Chicken Patty</p>						
<p>24</p> <p>Texas Toast Grilled Cheese</p> <p>Featured Veggies Tomato Soup Vegetables Bar Fruit Bar Choice of Milk</p>	<p>25</p> <p>Buffalo Chicken Macaroni & Cheese</p> <p>Featured Veggies Glazed Carrots Vegetables Bar Fruit Bar Choice of Milk</p>	<p>26</p> <p>Max Sticks with Sauce</p> <p>Featured Veggies Mashed Potatoes Vegetables Bar Fruit Bar Choice of Milk</p>	<p>27</p> <p>Sesame Chicken Steamed Rice</p> <p>Featured Veggies Steamed Broccoli Vegetables Bar Fruit Bar Choice of Milk</p>	<p>28</p> <p>Salisbury Steak Mashed and Gravy</p> <p>Featured Veggies Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p>Market St. Deli Made to order Warps and Sandwiches</p> <p>Fresh Baked Pizza</p> <p>Fresh Entree Salad May include Chef, Chicken, Garden, Spicy Chicken</p> <p>Hoagies and Wraps May include Ham and Cheese, Turkey and Cheese, Italian, Chicken and Spicy Chicken</p> <p>PBJ Craveable Meal</p>						
<p>Your Team Anna Bayer, General Manager 570-674-7234 ma1042@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Breakfast</td> <td>\$2.80</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$4.00</td> </tr> </table>		Student Breakfast	\$2.80	Reduced Breakfast	\$0.00	Faculty Breakfast	\$4.00	
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