

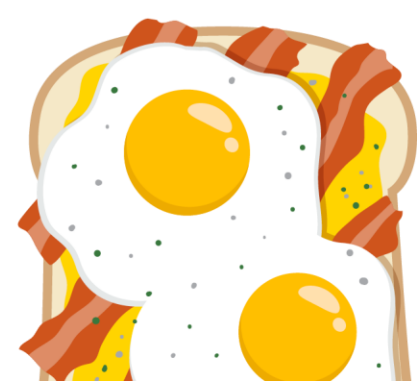
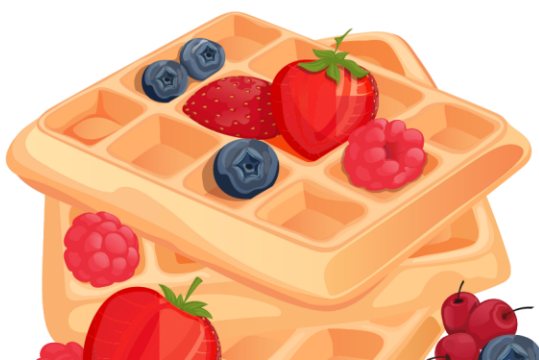


Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
				1  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	
4  Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	5  Powdered Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	6  Stuffed Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	7  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	8  Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	
11  Chocolate Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	12  Breakfast Bread  Assorted Cereals or Cereal Bar with Graham Crackers	13  Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	14  Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	15  Cherry Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	
18  Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	19  Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	20  Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	21  Minni Cinni Rolls <sup>*</sup>  Assorted Cereals or Cereal Bar with Graham Crackers	22  Powdered Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	
25  No School  Assorted Cereals or Cereal Bar with Graham Crackers	26  Breakfast Bread  Assorted Cereals or Cereal Bar with Graham Crackers	27  Cherry Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	28  Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	29  Chocolate Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>Your Team</b> <b>Anna Bayer</b> <b>Food Service Director/ General Manager</b> 570-674-7234 <a href="mailto:Anna.bayer@metzcorp.com">Anna.bayer@metzcorp.com</a>		<b>Meal Prices</b> 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	
					<b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free chocolate  <b>Daily Alternates</b>  <b>J.Clark's Grille</b> Mountaineer Hoagie Cheeseburger Hamburger Chicken Patty Spicy Chicken Patty  <b>Market St. Deli</b> Made to order Warps and Sandwiches  <b>Fresh Baked Pizza</b>  <b>Fresh Entree Salad</b> May include Chef, Chicken, Garden, Spicy Chicken  <b>Hoagies and Wraps</b> May include Ham and Cheese, Turkey and Cheese, Italian, Chicken and Spicy Chicken  <b>PBJ Craveable Meal</b>  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 1 Italian Dunkers With Dipping Sauce  <b>FEATURED VEGGIES</b> Steamed Peas					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 4 Pierogis  <b>FEATURED VEGGIES</b> Delicious Carrots					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 5 Walking Taco  <b>FEATURED VEGGIES</b> Steamed Corn					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 6 Breakfast for Lunch  <b>FEATURED VEGGIES</b> Tri Hash Brown					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 7 Mashed Potato Bowl  <b>FEATURED VEGGIES</b> Steamed Corn					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 8 Buffalo Chicken Bites  <b>FEATURED VEGGIES</b> Oven Roasted Fries					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 11 Cheeseburger Tater Tot Bowl  <b>FEATURED VEGGIES</b> Tater Tots					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 12 Sesame Chicken with White Rice  <b>FEATURED VEGGIES</b> Steamed Broccoli					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 13 Breaded Chicken Plain or Buffalo HS-Baked Ziti  <b>FEATURED VEGGIES</b> Buttered Noodles					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 14 Jacked up Cheesesteak Over Oven Fries  <b>FEATURED VEGGIES</b> Sidewinder Fries					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 15 Buffalo Chicken Dip over Tortilla Chips  <b>FEATURED VEGGIES</b> Delicious Carrots					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 18 Chef's Choice  <b>FEATURED VEGGIES</b>					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 19 Chef's Choice  <b>FEATURED VEGGIES</b>					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 20 Chef's Choice  <b>FEATURED VEGGIES</b>					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 21 Chef's Choice  <b>FEATURED VEGGIES</b>					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 22 Chef's Choice  <b>FEATURED VEGGIES</b>					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 25 No School					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 26 Half Day					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 27 Half Day					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 28 Half Day					
<b>Daily Offerings:</b> HS-Ball Park Bacon Mountaineer 29 Half Day					
<b>Your Team</b> Anna Bayer Food Service Director/ General Manager 570-674-7234 Anna.bayer@metzcorp.com		<b>Meal Prices</b> Student Lunch MS \$2.65 Student Lunch HS \$2.80 Reduced Lunch \$0.00 Faculty Lunch \$4.00			

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