


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 <b>HAPPY NEW YEAR</b>  <b>NO SCHOOL</b>	2 Whole Grain Breakfast Breads  Assorted Cereals or Cereal Bar with Graham Crackers	3 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> You 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 - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals (served with Graham Crackers)</b> MAY INCLUDE: Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes  <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
6 Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	7 Whole Grain Donut  Assorted Cereals or Cereal Bar with Graham Crackers	8 Cinnamon Toast Crunch Breakfast Bread  Assorted Cereals or Cereal Bar with Graham Crackers	9 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	10 Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	
13 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	14 Whole Grain Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	16 Whole Grain Breakfast Breads  Assorted Cereals or Cereal Bar with Graham Crackers	17 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
20 <b>NO SCHOOL</b>	21 Whole Grain Donut  Assorted Cereals or Cereal Bar with Graham Crackers	22 Cinnamon Toast Crunch Breakfast Bread  Assorted Cereals or Cereal Bar with Graham Crackers	23 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28 Whole Grain Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	29 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	30 Whole Grain Breakfast Breads  Assorted Cereals or Cereal Bar with Graham Crackers	31 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>Your Team</b> Anna Bayer, General Manager 570-674-7234 ma1042@metzcorp.com			<b>Meal Prices</b> Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.00		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<p><b>What is a Meal?</b></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"> <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>HAPPY NEW YEAR</b></p> <p><b>NO SCHOOL</b></p>	<p><b>2</b></p> <p>BBQ Rib Patty Sandwich</p> <p><b>Featured Veggies</b> Mixed Vegetables Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>3</b></p> <p>Italian Dunkers Marinara Dipping Sauce</p> <p><b>Featured Veggies</b> Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	
<p><b>6</b></p> <p>Italian Meatball with Pasta and Sauce</p> <p><b>Featured Veggies</b> Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>7</b></p> <p>Nacho Grande Beef or Chicken Tortilla Chips</p> <p><b>Featured Veggies</b> Refried Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>8</b></p> <p>Popcorn Chicken Mashed Potato Bowl Dinner Roll</p> <p><b>Featured Veggies</b> Mashed Potatoes Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>9</b></p> <p>Chicken Alfredo Garlic Breadstick</p> <p><b>Featured Veggies</b> Steamed Broccoli Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>10</b></p> <p><b>½ Day Breakfast Only</b></p>	<p><b>Choice of Vegetable</b></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free chocolate</p>
<p><b>13</b></p> <p>Texas Toast Grilled Cheese</p> <p><b>Featured Veggies</b> Tomato Soup Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>14</b></p> <p>Macaroni &amp; Cheese</p> <p><b>Featured Veggies</b> Stewed Tomatoes Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>15</b></p> <p>Buffalo Chicken Bites Choice of Sauce Buttered Noodles</p> <p><b>Featured Veggies</b> Mixed Vegetables Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>16</b></p> <p>Sesame Chicken Steamed Rice</p> <p><b>Featured Veggies</b> Steamed Broccoli Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>17</b></p> <p>Loaded Tater Tots Dinner Roll</p> <p><b>Featured Veggies</b> Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>Daily Alternates</b></p> <p><b>J.Clark's Grille</b> Mountaineer Hoagie Cheeseburger Hamburger Chicken Patty Spicy Chicken Patty</p>
<p><b>20</b></p> <p><b>NO SCHOOL</b></p>	<p><b>21</b></p> <p>Hot Ham &amp; Cheese on Pretzel Bun</p> <p><b>Featured Veggies</b> Baked Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>22</b></p> <p>Cheese Ravioli Marinara Sauce Garlic Bread Stick</p> <p><b>Featured Veggies</b> Steamed Peas Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>23</b></p> <p>Hot Turkey Sandwich &amp; Gravy</p> <p><b>Featured Veggies</b> Mashed Potatoes Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>24</b></p> <p>Steak &amp; Cheese Hoagie Onions &amp; Peppers</p> <p><b>Featured Veggies</b> Buttered Carrots Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>Market St. Deli</b> Made to order Warps and Sandwiches</p> <p><b>Fresh Baked Pizza</b></p> <p><b>Fresh Entree Salad</b> May include Chef, Chicken, Garden, Spicy Chicken</p>
<p><b>27</b></p> <p>Loaded Pierogis Toppings</p> <p><b>Featured Veggies</b> Steamed Corn Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>28</b></p> <p>Walking Taco Topping Bar</p> <p><b>Featured Veggies</b> Refried Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>29</b></p> <p>French Toast Sticks Breakfast Sausage</p> <p><b>Featured Veggies</b> Tater Tots Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>30</b></p> <p>General Tso Chicken Steamed Rice</p> <p><b>Featured Veggies</b> Steamed Broccoli Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>31</b></p> <p>Chicken Parmesan Over Pasta &amp; Marinara</p> <p><b>Featured Veggies</b> Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p><b>Hoagies and Wraps</b> May include Ham and Cheese, Turkey and Cheese, Italian, Chicken and Spicy Chicken</p> <p><b>PBJ Craveable Meal</b></p>
<p><b>Your Team</b></p> <p>Anna Bayer, General Manager 570-674-7234 ma1042@metzcorp.com</p>			<p><b>Meal Prices</b></p> <p>Student Breakfast \$2.80 Reduced Breakfast \$0.00 Faculty Breakfast \$4.00</p>		

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