



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 <b>HAPPY NEW YEAR</b>  <b>NO SCHOOL</b>	2 Chocolate Chip French Toast  Assorted Cereals with Graham Crackers	3 Mini Filled Bagels  Assorted Cereals with Graham Crackers	<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 graham crackers)</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 chocolate</p>
6 WG Mini Cinni  Assorted Cereals with Graham Crackers	7 Apple Strudel  Assorted Cereals with Graham Crackers	8 Whole Grain Breakfast Bread  Assorted Cereals with Graham Crackers	9 Mini Pancakes  Assorted Cereals with Graham Crackers	10 Whole Grain Banana Muffin  Assorted Cereals with Graham Crackers	
13 Mini Maple Pancakes  Assorted Cereals with Graham Crackers	14 Whole Grain Blueberry Muffin  Assorted Cereals with Graham Crackers	15 Whole Grain Cinnamon Bun  Assorted Cereals with Graham Crackers	16 Chocolate Chip French Toast  Assorted Cereals with Graham Crackers	17 Mini Filled Bagels  Assorted Cereals with Graham Crackers	
20 <b>NO SCHOOL</b>	21 Apple Strudel  Assorted Cereals with Graham Crackers	22 Whole Grain Breakfast Bread  Assorted Cereals with Graham Crackers	23 Mini Pancakes  Assorted Cereals with Graham Crackers	24 Whole Grain Banana Muffin  Assorted Cereals with Graham Crackers	
27 Mini Maple Pancakes  Assorted Cereals with Graham Crackers	28 Whole Grain Blueberry Muffin  Assorted Cereals with Graham Crackers	29 Whole Grain Cinnamon Bun  Assorted Cereals with Graham Crackers	30 Chocolate Chip French Toast  Assorted Cereals with Graham Crackers	31 Mini Filled Bagels  Assorted Cereals with Graham Crackers	

**Your Team**

**Anna Bayer, General Manager**  
570-674-7234  
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**Meal Prices**

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.00





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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 HAPPY NEW YEAR  NO SCHOOL	2 BBQ Rib Patty On a Roll Or Turkey&Cheese Hoagie <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	3 Italian Dunkers With Marinara Sauce Or Turkey&Cheese Hoagie <b>Featured Veggies</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	<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
6 Italian Meatball with Pasta and Sauce Or Ham & Cheese Hoagie <b>Featured Veggies</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	7 Nacho Grande With Tortilla Chips Or Ham & Cheese Hoagie <b>Featured Veggies</b> Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk	8 Chicken Tenders With Buttered Noodles Or Ham & Cheese Hoagie <b>Featured Veggies</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9 Chicken Patty on a Bun Or Ham & Cheese Hoagie <b>Featured Veggies</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	10 ½ Day Bagged Lunch Available	
13 Grilled Ham & Cheese Sandwich Or Italian Hoagie <b>Featured Veggies</b> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	14 Macaroni & Cheese Or Italian Hoagie <b>Featured Veggies</b> Stewed Tomatoes Fresh Vegetables Choice of Fruit Choice of Milk	15 Popcorn Chicken Buttered Noodles Or Italian Hoagie <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	16 Hot Dog Topping Bar Or Italian Hoagie <b>Featured Veggies</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	17 Pepperoni Pizza Bosco Stick Or Italian Hoagie <b>Featured Veggies</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	
20 NO SCHOOL	21 Hot Ham & Cheese on Pretzel Bun Or Turkey&Cheese Hoagie <b>Featured Veggies</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	22 Corn Dog on a Stick Or Turkey&Cheese Hoagie <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	23 Cheeseburger or Hamburger on a Bun Or Turkey&Cheese Hoagie <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	24 Cheese Pizza Or Turkey&Cheese Hoagie <b>Featured Veggies</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	
27 Pierogis Or Ham & Cheese Hoagie <b>Featured Veggies</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	28 Walking Taco Topping Bar Or Ham & Cheese Hoagie <b>Featured Veggies</b> Refried Beans Fresh Vegetables Choice of Fruit Choice of Milk	29 French Toast Sticks Breakfast Sausage Or Ham & Cheese Hoagie <b>Featured Veggies</b> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	30 Chicken Nuggets Steamed Rice Or Ham & Cheese Hoagie <b>Featured Veggies</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	31 Cheese Ravioli Marinara Sauce Garlic Bread Stick Or Ham & Cheese Hoagie Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	

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 Anna Bayer, General Manager  
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 ma1042@metzcorp.com

**Meal Prices**  
 Student Breakfast \$2.55  
 Reduced Breakfast \$0.00  
 Faculty Breakfast \$4.00

