

**Meet Your Nutritious Friend:
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Mini Cinni ³ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Donut Sticks ⁴ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Blueberry Breakfast Bread ⁵ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Apple Frudel ⁶ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Banana Muffin With Graham Crackers Assorted Cereals with Graham Crackers ⁷ Fruit - 100% Juice Choice of Milk	<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 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, Cocoa Puffs, Cinnamon Chex, Froot Loops</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white or fat-free chocolate</p>
Mini Maple Pancakes ¹⁰ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Blueberry Muffin ¹¹ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Cinnamon Bun ¹² Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Chocolate Chip French Toast ¹³ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Mini Filled Bagels ¹⁴ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	
Mini Cinni ¹⁷ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Donut Sticks ¹⁸ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Blueberry Breakfast Bread ¹⁹ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Apple Frudel ²⁰ Assorted Cereals with Graham Crackers Fruit - 100% Juice Choice of Milk	Whole Grain Banana Muffin With Graham Crackers Assorted Cereals with Graham Crackers ²¹ Fruit - 100% Juice Choice of Milk	
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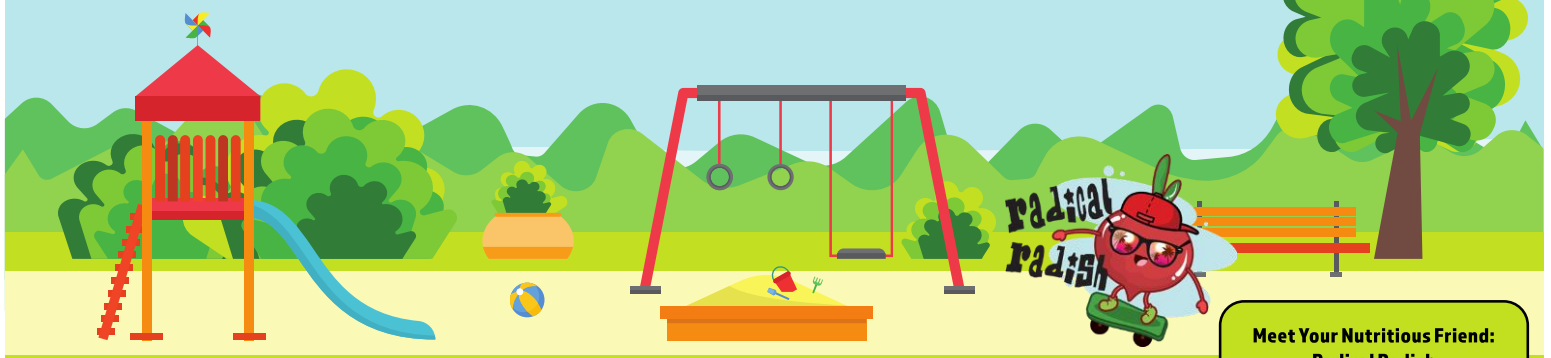
Your Team
Anna Bayer, General Manager
 570-674-7234
 ma1042@metzcorp.com

Meal Prices

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.



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<p>3</p> <p>Corn Dogs Or Turkey&Cheese Hoagie Featured Veggies Sidewinder Fries Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>4</p> <p>Walking Taco Topping Bar Or Turkey&Cheese Hoagie Featured Veggies Steam Corn Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>5</p> <p>Cheese Ravioli With Garlic Toast Or Turkey&Cheese Hoagie Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>6</p> <p>Cheeseburger or Hamburger on a Bun Or Turkey&Cheese Hoagie Featured Veggies Smiley Fries Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>7</p> <p>Cheese Pizza Or Turkey&Cheese Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>What is a Meal?</p> <p>You must chose 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 Choice of Milk <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Choice of Milk</p> <p>1% white or fat-free chocolate</p>
<p>10</p> <p>Chicken Tenders With Buttered Noodles Or Ham & Cheese Hoagie Featured Veggies Buttered Carrots Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>11</p> <p>Walking Taco Topping Bar Or Ham & Cheese Hoagie Featured Veggies Steam Corn Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>12</p> <p>Pierogis Or Ham & Cheese Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>13</p> <p>French Toast Sticks Breakfast Sausage Or Ham & Cheese Hoagie Featured Veggies Tater Tots Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>14</p> <p>Italian Dinkers With Marinara Sauce Or Ham & Cheese Hoagie Featured Veggies Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	
<p>17</p> <p>Chicken Nuggets Or Italian Hoagie Featured Veggies Green Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>18</p> <p>Walking Taco Topping Bar Or Italian Hoagie Featured Veggies Refried Beans Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>19</p> <p>Hot Turkey Sandwich with Gravy Or Italian Hoagie Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>20</p> <p>Cheeseburger or Hamburger on a Bun Or Italian Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>21</p> <p>1/2 Day Bagged Lunch Available</p>	
<p>24</p> <p>Steak & Cheese Hoagie Or Turkey&Cheese Hoagie Featured Veggies Broccoli Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>25</p> <p>Walking Taco Topping Bar Or Turkey&Cheese Hoagie Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>26</p> <p>Egg & Cheese Sandwich Or Turkey&Cheese Hoagie Featured Veggies Tator tots Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>27</p> <p>BBQ Pork Patty On a Roll Or Turkey&Cheese Hoagie Featured Veggies Baked Beans Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	<p>28</p> <p>Italian Dinkers With Marinara Sauce Or Turkey&Cheese Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>	
<p>31</p> <p>Meatball Hoagie Or Ham & Cheese Hoagie Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Choice of Milk</p>					

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Meal Prices

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Reduced Breakfast	\$0.00
Faculty Breakfast	\$4.00

