


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<p>3</p> <p>Cinnamon Roll</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Whole Grain Donut</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Egg and Cheese On a Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Apple Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Mini Cinni</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</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, 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> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>						
<p>10</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Egg and Cheese On a Croissant</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Whole Grain Breakfast Breads</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>							
<p>17</p> <p>Cinnamon Roll</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Whole Grain Donut</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Egg and Cheese On a Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Apple Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Mini Cinni</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>							
<p>24</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Egg and Cheese On a Croissant</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Whole Grain Breakfast Breads</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</p>							
<p>31</p> <p>Cinnamon Roll</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers Choice of Fruit Choice of Milk</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>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$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
BRAVO! Weekly Theme! Taco Tuesday					<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>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 Milk</p> <p>1% white or fat-free chocolate</p> <p>Daily Alternates</p> <p>J.Clark's Grille</p> <p>Mountaineer Hoagie Cheeseburger Hamburger Chicken Patty Spicy Chicken Patty</p> <p>Market St. Deli</p> <p>Made to order Wraps and Sandwiches</p> <p>Fresh Baked Pizza</p> <p>Fresh Entree Salad (served with roll)</p> <p>May include Chef, Chicken, Garden, Spicy Chicken</p> <p>Hoagies and Wraps</p> <p>May include Ham and Cheese, Turkey and Cheese, Italian, Chicken and Spicy Chicken</p> <p>PBJ Craveable Meal</p>
<p>3</p> <p>Buffalo Chicken Dip Over Tortilla Chips</p> <p>Featured Veggies Baked Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p>4</p> <p>Walking Taco Topping Bar</p> <p>Featured Veggies Steamed Corn Vegetables Bar Fruit Bar Choice of Milk</p>	<p>5</p> <p>Pasta Bar Garlic Bread Stick</p> <p>Featured Veggies Italian Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p>6</p> <p>Hot Turkey Sandwich & Gravy</p> <p>Featured Veggies Mashed Potatoes Vegetables Bar Fruit Bar Choice of Milk</p>	<p>7</p> <p>Pierogies</p> <p>Featured Veggies Buttered Carrots Vegetables Bar Fruit Bar Choice of Milk</p>	
BRAVO! Weekly Theme! Taco Tuesday					
<p>10</p> <p>Loaded Tator Tots</p> <p>Featured Veggies Steamed Corn Vegetables Bar Fruit Bar Choice of Milk</p>	<p>11</p> <p>Walking Taco Topping Bar</p> <p>Featured Veggies Steamed Corn Vegetables Bar Fruit Bar Choice of Milk</p>	<p>12</p> <p>French Toast Sticks Breakfast Sausage</p> <p>Featured Veggies Tater Tots Vegetables Bar Fruit Bar Choice of Milk</p>	<p>13</p> <p>General Tso Chicken Steamed Rice</p> <p>Featured Veggies Steamed Broccoli Vegetables Bar Fruit Bar Choice of Milk</p>	<p>14</p> <p>Macaroni & Cheese</p> <p>Featured Veggies Buttered Carrots Vegetables Bar Fruit Bar Choice of Milk</p>	
BRAVO! Weekly Theme! Taco Tuesday					
<p>17</p> <p>Chicken Fingers with Green Mashed and Gravy</p> <p>Featured Veggies Vegetables Bar Fruit Bar Choice of Milk</p>	<p>18</p> <p>Walking Taco Topping Bar</p> <p>Featured Veggies Steamed Corn Vegetables Bar Fruit Bar Choice of Milk</p>	<p>19</p> <p>Pulled Pork Sandwich</p> <p>Featured Veggies Mixed Vegetables Vegetables Bar Fruit Bar Choice of Milk</p>	<p>20</p> <p>Breaded Ravioli with Sauce & Garlic Toast</p> <p>Featured Veggies Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	<p>21</p> <p>Half Day</p>	
BRAVO! Weekly Theme! Taco Tuesday					
<p>24</p> <p>BBQ Rib Patty Sandwich</p> <p>Featured Veggies French Fries Vegetables Bar Fruit Bar Choice of Milk</p>	<p>25</p> <p>Walking Taco Topping Bar</p> <p>Featured Veggies Steamed Carrots Vegetables Bar Fruit Bar Choice of Milk</p>	<p>26</p> <p>Pot Sticker Ramen Bowl</p> <p>Featured Veggies Oriental Vegetables Vegetables Bar Fruit Bar Choice of Milk</p>	<p>27</p> <p>Chicken Mashed Potato Bowl w/Roll</p> <p>Featured Veggies Steamed Corn Vegetables Bar Fresh Fruit Choice of Milk</p>	<p>28</p> <p>Italian Dunkers Marinara Dipping Sauce</p> <p>Featured Veggies Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>	
BRAVO! Weekly Theme! Taco Tuesday					
<p>31</p> <p>Italian Meatball with Pasta and Sauce</p> <p>Featured Veggies Green Beans Vegetables Bar Fruit Bar Choice of Milk</p>					
<p>Your Team</p> <p>Anna Bayer, General Manager 570-674-7234 ma1042@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Breakfast \$2.80 Reduced Breakfast \$0.00 Faculty Breakfast \$4.00</p>		

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