

**Meet Your Nutritious Friend:
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3 Mini Maple Pancakes</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>4 Whole Grain Blueberry Muffin</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>5 Whole Grain Cinnamon Bun</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>6 Chocolate Chip French Toast</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>7 Mini Filled Bagels</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice 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>10 Mini Cinni</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>11 Whole Grain Donut Sticks</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>12 Whole Grain Blueberry Breakfast Bread</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>13 Apple Frudel</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>14 Whole Grain Banana Muffin With Graham Crackers</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	
<p>17 Mini Maple Pancakes</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>18 Whole Grain Blueberry Muffin</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>19 Whole Grain Cinnamon Bun</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>20 Chocolate Chip French Toast</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>21 Mini Filled Bagels</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	
<p>24 Mini Cinni</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>25 Whole Grain Donut Sticks</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>26 Whole Grain Blueberry Breakfast Bread</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>27 Apple Frudel</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	<p>28 Whole Grain Banana Muffin With Graham Crackers</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>	
<p>31 Mini Cinni</p> <p>Assorted Cereals with Graham Crackers</p> <p>Fruit - 100% Juice Choice of Milk</p>					

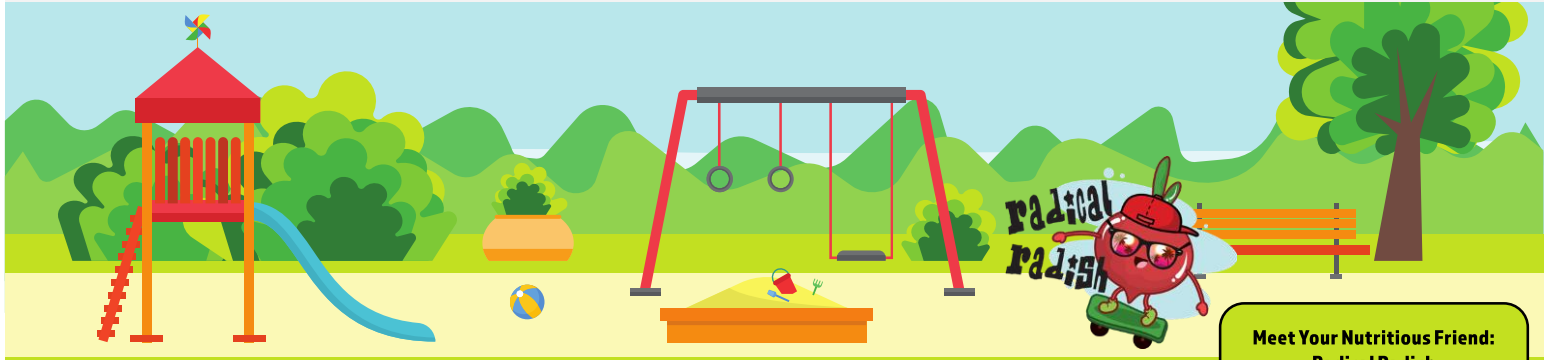
Your Team
Anna Bayer, General Manager
 570-674-7234
 ma1042@metzcorp.com

Meal Prices

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



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



**Meet Your Nutritious Friend:
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</p> <p>Corn Dogs Or Turkey&Cheese Hoagie Featured Veggies Sidewinder Fries Fresh Vegetables Choice of Fruit 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 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 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 Milk</p>	<p>7</p> <p>Cheese Pizza Or Turkey&Cheese Hoagie Featured Veggies Mixed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>What is a Meal? 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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</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>Daily Alternates Fresh Entree Salad of the Week (served with dinner roll) Craveables Weekly Cold Cut Sandwiches or Wraps</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 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 Milk</p>	<p>12</p> <p>French Toast Sticks Breakfast Sausage Or Ham & Cheese Hoagie Featured Veggies Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Pierogis Or Ham & Cheese Hoagie Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Italian Dunkers With Marinara Sauce Or Ham & Cheese Hoagie Featured Veggies Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	
<p>17</p> <p>Chicken Nuggets w/roll Or Italian Hoagie Featured Veggies Green Mashed Potatoes Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Walking Taco Topping Bar Or Italian Hoagie Featured Veggies Steam Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Hot Turkey Sandwich with Gravy Or Turkey & Cheese Hoagie Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Cheeseburger on Hamburger Roll Or Italian Hoagie Featured Veggies Baked Beans Fresh Vegetables Choice of Fruit Choice of ilk</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 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 Milk</p>	<p>26</p> <p>Egg & Cheese Sandwich Or Turkey&Cheese Hoagie Featured Veggies Tator Tots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>27</p> <p>BBQ Rib Patty On a Roll Or Turkey&Cheese Hoagie Featured Veggies Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Italian Dunkers With Marinara Sauce Or Turkey&Cheese Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit 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 Milk</p>					

Your Team
Anna Bayer, General Manager
 570-674-7234
 ma1042@metzcorp.com

Meal Prices

Student Breakfast	\$2.55
Reduced Breakfast	\$0.00
Faculty Breakfast	\$4.00



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.