



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
4 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	5 Whole Grain Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	6 Stuffed Bagels Assorted Cereals or Cereal Bar with Graham Crackers	7 Assorted Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers	8 Blueberry Muffin Assorted Cereals or Cereal Bar with Graham Crackers
11 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Donuts Assorted Cereals or Cereal Bar with Graham Crackers	13 Cherry Strudel Assorted Cereals or Cereal Bar with Graham Crackers	14 Apple Muffins Assorted Cereals or Cereal Bar with Graham Crackers	15 Assorted Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers
18 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	19 Whole Grain Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	20 Stuffed Bagels Assorted Cereals or Cereal Bar with Graham Crackers	21 Assorted Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers	22 Blueberry Muffin Assorted Cereals or Cereal Bar with Graham Crackers
25 No School	26 Whole Grain Donuts Assorted Cereals or Cereal Bar with Graham Crackers	27 Cherry Strudel Assorted Cereals or Cereal Bar with Graham Crackers	28 Chocolate Chip Muffins Assorted Cereals or Cereal Bar with Graham Crackers	29 Assorted Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers

What is a Meal?

Students 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 or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Anna Bayer
Food Service Director/ General Manager
570-674-7234
anna.bayer@metzcorp.com

Meal Prices

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

School District Name

Wycallis & Dallas Intermediate Lunch Menu

May 2026



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Dunkers with Dipping Sauce (V) Chef Salad FEATURED VEGGIES Steamed Peas
4 Pierogies Turkey & Cheese Hoagie FEATURED VEGGIES Delicious Carrots	5 Walking Taco Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Corn	6 Chicken Tenders Turkey & Cheese Hoagie FEATURED VEGGIESB Buttered Noodles	7 Corn Dog Nuggets Turkey & Cheese Hoagie FEATURED VEGGIES Baked Beans	8 Italian Dunkers with Dipping Sauce (V) Turkey & Cheese Hoagie FEATURED VEGGIES Steamed Green Beans
11 DIS Pancakes & Sausage Patties Wycallis-Chicken Patty Walking Taco Craveable Ham & Cheese Hoagie- Garden Salad FEATURED VEGGIES Tator Tots	12 Walking Taco Ham & Cheese Hoagie Garden Salad FEATURED VEGGIES Golden Corn	13 Chicken Nuggets Ham & Cheese Hoagie Garden Salad FEATURED VEGGIES Buttered Noodles	14 DIS-Chicken Patty Wycallis-Pancakes & Sausage Patties Ham & Cheese Hoagie Garden Salad FEATURED VEGGIES Baked Beans	15 Italian Dunkers with Dipping Sauce (V) Ham & Cheese Hoagie Garden Salad FEATURED VEGGIES Mixed Vegetables
18 Meatball Hoagie DIS Field Day Turkey & Cheese Hoagie Chef Salad FEATURED VEGGIES Tater Tots	19 Walking Taco Wycallis-Field Day Turkey & Cheese Hoagie Chef Salad FEATURED VEGGIES Golden Corn	20 Hot Dogs Turkey & Cheese Hoagie Chef Salad FEATURED VEGGIES Baked Beans	21 Cheeseburgers Turkey & Cheese Hoagie Chef Salad FEATURED VEGGIES Oven Fries	22 Italian Dunkers with Dipping Sauce (V) Turkey & Cheese Hoagie Chef Salad FEATURED VEGGIES Steamed Peas
25 NO School	26 Half Day Bagged Lunch Available	27 Half Day Bagged Lunch Available	28 Half Day Bagged Lunch Available	29 Half Day Bagged Lunch Available

What is a Meal?

Students 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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

Daily Alternates

- Fresh Entree Salad of the Week
- Craveables
- Weekly Cold Cut Sandwiches & Wraps

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Anna Bayer
Food Service Director/ General Manager
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anna.bayer@metzcorp.com

Meal Prices

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



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