



Meet Your Nutritious Friend:
Cran "Bogger"

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|---|---|---|---|--|
| | | | | 1 Whole Grain Muffin Graham Cracker Assorted Cereals or Cereal Bar with Graham Crackers | What is a Meal? You 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 - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry |
| 4 Assorted Cereal Bar Graham Cracker Assorted Cereals or Cereal Bar with Graham Crackers | 5 Whole Grain Donuts Assorted Cereals or Cereal Bar with Graham Crackers | 6 Cinnamon Toast Crunch Bread Assorted Cereals or Cereal Bar with Graham Crackers | 7 WG Cinnamon Bun Assorted Cereals or Cereal Bar with Graham Crackers | 8 WG Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers | |
| 11 NO SCHOOL VETERANS DAY | 12 WG Muffin with Graham Cracker Assorted Cereals or Cereal Bar with Graham Crackers | 13 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers | 14 Assorted Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers | 15 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers | |
| 18 Assorted Cereal Bar Graham Cracker Assorted Cereals or Cereal Bar with Graham Crackers | 19 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers | 20 Cinnamon Toast Crunch Bread Assorted Cereals or Cereal Bar with Graham Crackers | 21 WG Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers | 22 Whole Grain Muffin Graham Cracker Assorted Cereals or Cereal Bar with Graham Crackers | |
| 25 Cinnamon Bun Assorted Cereals or Cereal Bar with Graham Crackers | 26 WG Muffin with Graham Cracker Assorted Cereals or Cereal Bar with Graham Crackers | 27 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers | 28 NO SCHOOL THANKSGIVING BREAK | 29 NO SCHOOL THANKSGIVING BREAK | |

Your Team
 Tracy Drank, General Manager
 570-674-7208 ext. 1039
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.



Meet Your Nutritious Friend:
Cran "Bogger"

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|--|---|--|---|--|
| | | | | Italian Dunkers ¹ Marinara Dipping Sauce Or Ham & Cheese Hoagie Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk | <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 ½ 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, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</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> |
| Corn Dog on a Stick ⁴ Or Italian Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk | Walking Taco ⁵ Topping Bar Or Italian Hoagie Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk | Breaded Chicken ⁶ Tenders Dinner Roll Or Italian Hoagie Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk | Breaded Fish Patty ⁷ Or Italian Hoagie Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk | Pepperoni Pizza ⁸ Bosco Sticks Or Italian Hoagie Featured Veggies Glazed Carrots Fresh Vegetables Fresh Fruit Choice of Milk | |
| NO SCHOOL VETERANS DAY ¹¹ | Nacho Grande ¹² Or Turkey & Cheese Hoagie Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk | Thanksgiving Meal ¹³ Breaded Chicken Tenders Mashed Potatoes Gravy & Dinner Roll Special Dessert | Cheeseburger or ¹⁴ Hamburger on a Bun Or Turkey & Cheese Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Milk | Italian Dunkers ¹⁵ Marinara Dipping Sauce Or Turkey & Cheese Hoagie Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Milk | |
| Hot Dog ¹⁸ On a Bun or Ham & Cheese Hoagie Featured Veggies Baked Beans Fresh Vegetables Fresh Fruit Choice of Milk | Walking Taco ¹⁹ Topping Bar or Ham & Cheese Hoagie Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk | Cheeseburger or ²⁰ Hamburger on a Bun or Ham & Cheese Hoagie Featured Veggies Steamed Carrots Fresh Vegetables Fresh Fruit Choice of Milk | Breaded Chicken ²¹ Patty on a Bun or Ham & Cheese Hoagie Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk | Pepperoni Pizza ²² Bosco Sticks or Ham & Cheese Hoagie Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk | |
| Breaded Chicken ²⁵ Nuggets Dinner Roll Or Italian Hoagie Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk | Nacho Grande ²⁶ Topping Bar Or Italian Hoagie Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk | ½ DAY BAG LUNCHES AVAILABLE ²⁷ | NO SCHOOL THANKSGIVING BREAK ²⁸ | NO SCHOOL THANKSGIVING BREAK ²⁹ | |

Your Team
 Tracy Drank, General Manager
 570-674-7208 ext. 1039
ma1042@metzcorp.com

Meal Prices

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



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