



| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|--|--|--|--|--|
| | | | | 1 Fresh Baked Cinnamon Bun 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 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 5 Whole Grain Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers | 6 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 7 Whole Grain Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers | 8 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | |
| 11 NO SCHOOL Veterans Day | 12 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers | 13 Cinnamon Toast Crunch Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers | 14 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers | 15 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers | |
| 18 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 19 Whole Grain Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers | 20 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 21 Whole Grain Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers | 22 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | |
| 25 Mini Filled Bagel Assorted Cereals or Cereal Bar with Graham Crackers | 26 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers | 27 Cinnamon Toast Crunch Breakfast Bread 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.



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|--|---|---|--|--|---|--------|---------------|--------|---------------|--------|---|
| | | | | | <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>Pulled Pork BBQ Hawaiian Bun</p> <p>Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p> | | | | | | | |
| <p>Ham & Cheese 4 On a Pretzel Roll</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>Walking Taco 5 Topping Bar</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p> | <p>Popcorn Chicken 6 Mashed Potato Bowl</p> <p>Featured Veggies Mashed Potatoes Fresh Vegetables Fresh Fruit Choice of Milk</p> | <p>Buffalo Chicken 7 Macaroni & Cheese Dinner Roll</p> <p>Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p> | <p>Chicken & Vegetable 8 Lo Mein</p> <p>Featured Veggies Oriental Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</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>NO SCHOOL</p> <p>Veterans Day</p> | <p>Nacho Grande 12 Beef or Chicken Tortilla Chips</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p> | <p>General Tso Chicken 13 Steamed Rice</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>Texas Toast Grilled 14 Cheese Tomato Soup Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p> | <p>Italian Dunkers 15 Marinara Dipping Sauce</p> <p>Featured Veggies Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p> | | | | | | |
| <p>Loaded Pierogis 18 Dinner Roll</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>Taco Rice Bowl 19 Beef or Chicken Topping Bar</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>French Toast Sticks 20 Breakfast Sausage</p> <p>Featured Veggies Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>Thanksgiving Dinner 21 Roasted Turkey Stuffing & Gravy Mashed Potatoes Cranberry Sauce Dessert Featured Veggies Steamed Corn</p> | <p>BBQ Rib Patty 22 Sandwich</p> <p>Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p> | | | | | | | |
| <p>Buffalo Chicken Bites 25 Choice of Sauce</p> <p>Featured Veggies Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p> | <p>Walking Taco 26 Topping Bar</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p> | <p>½ Day Breakfast Only</p> | <p>NO SCHOOL THANKSGIVING BREAK</p> | <p>NO SCHOOL THANKSGIVING BREAK</p> | <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p> | | | | | | |
| <p>Your Team Tracy Drank, General Manager 570-674-7208 ext. 1039 ma1042@metzcorp.com</p> | | | <p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.80</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table> | | Student Lunch | \$2.80 | Reduced Lunch | \$0.00 | Faculty Lunch | \$4.00 |  |
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