



Meet Your Nutritious Friend:
Cran "Bogger"

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
 Name Here, 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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Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Italian Dunkers ¹ Marinara Dipping Sauce Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk	What is a Meal? You 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 ½ 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, chocolate, vanilla, and strawberry
Corn Dog on a Stick ⁴ Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk	Walking Taco Topping Bar ⁵ Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk	Breaded Chicken Tenders Dinner Roll ⁶ Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk	General Tso Chicken ⁷ Served over Rice Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk	Pepperoni Pizza ⁸ Bosco Stick Featured Veggies Glazed Carrots Fresh Vegetables Fresh Fruit Choice of Milk	
NO SCHOOL VETERANS DAY ¹¹	Nacho Grande Topping Bar ¹² Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk	BBQ Rib Patty on a Bun ¹³ Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk	Thanksgiving Meal ¹⁴ Roasted Turkey Stuffing & Gravy Mashed Potatoes Steamed Corn Cranberry Sauce Dessert	Italian Dunkers ¹⁵ Marinara Dipping Sauce Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk	
Hot Dog Topping Bar ¹⁸ Featured Veggies Baked Beans Fresh Vegetables Fresh Fruit Choice of Milk	Walking Taco Topping Bar ¹⁹ Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk	Rodeo Cheeseburger ²⁰ BBQ Sauce & Onion Ring Featured Veggies Steamed Carrots Fresh Vegetables Fresh Fruit Choice of Milk	Baked Potato Bar ²¹ Featured Veggies Broccoli & Cheese Fresh Vegetables Fresh Fruit Choice of Milk	Pepperoni Pizza ²² Bosco Stick Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk	Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
Buffalo Chicken Bites Choice of Sauce ²⁵ Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk	Nacho Grande Topping Bar ²⁶ Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk	²⁷ ½ DAY BAG LUNCHES AVAILABLE	²⁸ NO SCHOOL THANKSGIVING BREAK	²⁹ NO SCHOOL THANKSGIVING BREAK	(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

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Meal Prices

Student Lunch	\$2.65
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00



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