


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
	1 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers	<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 toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</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>(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>						
7 Blueberry Waffles Assorted Cereals or Cereal Bar with Graham Crackers	8 Whole Grain Chocolate Filled Crescent Roll Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	10 Whole Grain Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers	11 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers							
14 Mini Filled Bagel Assorted Cereals or Cereal Bar with Graham Crackers	15 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers	16 Cinnamon Toast Crunch Breakfast Bread Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers	18 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers							
21 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	22 Whole Grain Chocolate Filled Crescent Roll Assorted Cereals or Cereal Bar with Graham Crackers	23 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	25 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers							
28 Blueberry Waffles Assorted Cereals or Cereal Bar with Graham Crackers	29 Whole Grain Donut Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	31 Whole Grain Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers								
<p>Your Team Tracy Drank, General Manager 570-674-7208 ext. 1039 ma0000@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$3.00</td> </tr> </table>			Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$3.00
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
					<p>What is a Meal?</p> <p>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>Walking Taco Topping Bar 1</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>BBQ Rib Patty On Club Roll 2</p> <p>Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>General Tso Chicken Served over Rice 3</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Italian Dunkers (V) Marinara Dipping Sauce 4</p> <p>Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p>							
<p>Corn Dog on a Stick 7</p> <p>Featured Veggies Steamed Carrots Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Nacho Grande Topping Bar 8</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>½ Day 9</p> <p>Bagged Lunches Available</p>	<p>Rotini Pasta with Homemade Meat Sauce Garlic Breadstick 10</p> <p>Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Loaded French Fries 11</p> <p>Featured Veggies Baked French Fries Fresh Vegetables Fresh 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>Buffalo Chicken Bites Choice of Sauce 14</p> <p>Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Walking Taco Topping Bar 15</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Breaded Chicken Tenders Dinner Roll 16</p> <p>Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Mashed Potato Bowl Popcorn Chicken, Mashed Potatoes, Gravy, Corn & Cheese 17</p> <p>Featured Veggies Mashed Potatoes Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Italian Dunkers (V) Marinara Dipping Sauce 18</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>						
<p>Beef & Broccoli Garlic Soy Sauce Served over Rice 21</p> <p>Featured Veggies Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Nacho Grande Topping Bar 22</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Mountaineer Hoagie 23 <i>Buffalo Chicken Hoagie</i></p> <p>Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Baked Potato Bar 24</p> <p>Featured Veggies Broccoli & Cheese Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>½ Day 25</p> <p>Bagged Lunches Available</p>							
<p>BBQ Pulled Pork Sandwich Coleslaw 28</p> <p>Featured Veggies Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Walking Taco Topping Bar 29</p> <p>Featured Veggies Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Texas Toast Grilled Cheese with Tomato Soup 30</p> <p>Featured Veggies Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk</p>	<p>Pasta Bar 31 Meatball Marinara or Chicken Alfredo Garlic Bread</p> <p>Featured Veggies Green Beans Fresh Vegetables Fresh Fruit Choice of Milk</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>						
<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>\$2.65</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.40</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.00</td> </tr> </table>		Student Lunch	\$2.65	Reduced Lunch	\$0.40	Faculty Lunch	\$4.00	
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