







Meet Your Nutritious Friend:
Preppy Plantain

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|---|---|---|---|---|
| | 1 Bagel with Creamed Cheese Assorted Cereals or Cereal Bar with Graham Crackers | 2 Warm Glazed Donut Assorted Cereals or Cereal Bar with Graham Crackers | 3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 4 Mini Waffles 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 and chocolate</p> <p>Assorted Muffins and Benefit Bars</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 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers | 8 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 9 Pancake and Sausage on Stick Assorted Cereals or Cereal Bar with Graham Crackers | 10 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | 11 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | |
| 14 Glazed Dunkin Stick Assorted Cereals or Cereal Bar with Graham Crackers | 15 French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 16 Spring Break No School!  | 17 Spring Break No School!  | 18 Spring Break No School!  | |
| 21 Spring Break No School!  | 22 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | 23 Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers | 24 Mini French Toast with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 25 Bagel-Fuls Assorted Cereals or Cereal Bar with Graham Crackers | |
| 28 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 29 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | 30 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers | | | |

Nicole Pennypacker, Lead Cook
Sandra L. Robinson, General Manager
570-271-3268 ext. 2126
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| Meal Prices | |
|-------------------|--------|
| Student Breakfast | \$0.00 |
| Reduced Breakfast | \$0.00 |
| Faculty Breakfast | \$2.50 |



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



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| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|---|---|--|--|--|--|
| | 1 Mini Corn Dogs FEATURED VEGGIES Tater Tots Assorted Fresh Veggies | 2 Macaroni and Cheese FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies | 3 Sweet and Sour Chicken over Rice FEATURED VEGGIES Green Beans Assorted Fresh Veggies | 4 Cheese Pizza FEATURED VEGGIES Carrots Assorted Fresh Veggies | <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 and chocolate</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> |
| 7 Chicken Nuggets with Dinner Roll FEATURED VEGGIES Broccoli Assorted Fresh Veggies | 8 Stuffed Shells with Garlic Bread Stick FEATURED VEGGIES Green Beans Assorted Fresh Veggies | 9 Walking Tacos FEATURED VEGGIES French Fries Assorted Fresh Veggies | 10 French Toast Sticks with Sausage Patties FEATURED VEGGIES Tater Tots Assorted Fresh Veggies | 11 Cheese Pizza FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies | |
| 14 Perogies with Onions and Butter FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies | 15 Italian Dunkers FEATURED VEGGIES Tri-Tater Assorted Fresh Veggies | 16 Spring Break No School!  | 17 Spring Break No School!  | 18 Spring Break No School!  | |
| 21 Spring Break No School!  | 22 Salisbury Steak over Buttered Noodles FEATURED VEGGIES Seasoned Peas Assorted Fresh Veggies | 23 Grilled Cheese on Texas Toast FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies | 24 Mini Corn Dogs FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies | 25 Cheese Pizza FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies | |
| 28 Pasta with Meat Sauce FEATURED VEGGIES Carrots Assorted Fresh Veggies | 29 Cheeseburger on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies | 30 Chicken and Cheese Quesadillas FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies | | | |

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Meal Prices

| | |
|---------------|--------|
| Student Lunch | \$2.50 |
| Reduced Lunch | \$0.00 |
| Faculty Lunch | \$4.75 |



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