







Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
	1 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	2 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white and chocolate</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <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 Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	10 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	11 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers								
14 Mini Blueberry Glazed Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	16 <b>Spring Break</b> <b>No School!</b> 	17 <b>Spring Break</b> <b>No School!</b> 	18 <b>Spring Break</b> <b>No School!</b> 								
21 <b>Spring Break</b> <b>No School!</b> 	22 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	23 Assorted Cereal  Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	25 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers								
28 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	29 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers										
<p><b>Donna Snyder, Lead Cook</b> Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 <a href="mailto:ma1125@metzcorp.com">ma1125@metzcorp.com</a></p>			<p><b>Meal Prices</b></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>\$2.50</td> </tr> </table>			Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.50	
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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station					<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white and chocolate</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>						
	1 Gyro  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	2 Macaroni and Cheese  <b>FEATURED VEGGIES</b> Steamed Peas Assorted Fresh Veggies	3 Grilled Ham and Cheese on Pretzel Roll  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	4 Chicken Potato Bowl  <b>FEATURED VEGGIES</b> Corn Assorted Fresh Veggies							
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station											
7 Italian Meatball Sandwich  <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Assorted Fresh Veggies	8 Walking Taco  <b>FEATURED VEGGIES</b> Fresh Pico de Gallo Assorted Fresh Veggies	9 Cowboy Burger  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	10 Chicken Alfredo over Pasta  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	11 Italian Dunkers  <b>FEATURED VEGGIES</b> Side Salad Assorted Fresh Veggies							
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station											
14 Hot Dog on Bun  <b>FEATURED VEGGIES</b> BBQ Baked Beans Assorted Fresh Veggies	15 Buffalo Chicken Sandwich  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	16 <b>Spring Break</b> <b>No School!</b> 	17 <b>Spring Break</b> <b>No School!</b> 	18 <b>Spring Break</b> <b>No School!</b> 							
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station											
21 <b>Spring Break</b> <b>No School!</b> 	22 Salisbury Steak with Gravy over Buttered Noodles  <b>FEATURED VEGGIES</b> Peas Assorted Fresh Veggies	23 Chicken Nuggets with Dinner Roll  <b>FEATURED VEGGIES</b> Celery and Carrot Assorted Fresh Veggies	24 Corn Dogs  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	25 Cheeseburger on Bun  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies							
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station											
28 Macaroni and Cheese  <b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Veggies	29 Hawaiian Pork Flatbread  <b>FEATURED VEGGIES</b> Sweet Potato Fries Assorted Fresh Veggies	30 Pasta with Marinara Sauce and Meatballs with Garlic Knot Roll  <b>FEATURED VEGGIES</b> Tossed Salad Assorted Fresh Veggies									
<p><b>Donna Snyder, Lead Cook</b> Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 <a href="mailto:ma1125@metzcorp.com">ma1125@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Lunch</td> <td>\$2.75</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.75</td> </tr> </table>		Student Lunch	\$2.75	Reduced Lunch	\$0.00	Faculty Lunch	\$4.75	<p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
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