



Meet Your Nutritious Friend:
Preppy Plantain

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	2 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	3 Bagels with Creamed Cheese Assorted Cereals or Cereal Bar with Graham Crackers	4 Dutch 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>(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 Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	8 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	9 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	11 Donuts Assorted Cereals or Cereal Bar with Graham Crackers	
14 Omllette with Toast Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Sandwich 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 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	23 Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	24 Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	25 Dutch Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
28 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	29 Smoothies Assorted Cereals or Cereal Bar with Graham Crackers	30 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers			

Julie Houseknecht – 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 Chicken Nuggets with Dinner Roll FEATURED VEGGIES Seasoned Corn Assorted Fresh Veggies	2 Breaded Fish Sticks with Dinner Roll FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies	3 Hot Dog on Bun FEATURED VEGGIES Green Beans Assorted Fresh Veggies	4 Stuffed Cheese Pizza FEATURED VEGGIES Mixed Veggies Assorted Fresh Veggies	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 and chocolate
7 Pepperoni and Cheese Stuffed Bread Sticks FEATURED VEGGIES Diced Carrots Assorted Fresh Veggies	8 Walking Taco FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies	9 Cheeseburger on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies	10 Chicken Sticks with Dinner Roll FEATURED VEGGIES Tri-Taters Assorted Fresh Veggies	11 Cheese Pizza FEATURED VEGGIES Sweet Peas Assorted Fresh Veggies	
14 Chicken Patty on Bun FEATURED VEGGIES Mixed Veggies Assorted Fresh Veggies	15 Perogies with Dinner Roll FEATURED VEGGIES Green Beans Assorted Fresh Veggies	16 Spring Break 	17 Spring Break 	18 Spring Break 	Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
21 Spring Break 	22 Chicken and Waffles with Gravy FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies	23 BBQ Ribby on a Bun FEATURED VEGGIES Broccoli Assorted Fresh Veggies	24 Salisbury Steak with Gravy and Mashed Potatoes FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies	25 Pizza FEATURED VEGGIES Sweet Peas Assorted Fresh Veggies	
28 Italian Dunkers Plant-Based Option FEATURED VEGGIES Mixed Veggies Assorted Fresh Veggies	29 Breaded Fish Sticks with Dinner Roll FEATURED VEGGIES French Fries Assorted Fresh Veggies	30 Macaroni and Cheese with Bread Stick FEATURED VEGGIES Glazed Carrots 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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