











Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
2 	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	5 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Frudel 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>							
9 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	13 Assorted Cereals Assorted Cereals or Cereal Bar with Graham Crackers								
16 Mini Blueberry Glazed Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	19 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	20 Dutch Waffles Assorted Cereals or Cereal Bar with Graham Crackers								
23 	24 	25 	26 	27 								
30 	31 											
<p>Rebekah Wilver, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@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>\$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							
BRAVO! Daily Pizza Station					<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>							
2 	3 Chicken and Cheese Taquito FEATURED VEGGIES Spicy Sidewinder Fries Assorted Fresh Veggies	4 Italian Dunkers FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies	5 Pulled Pork Sandwich Grilled Chicken with Cheese Bacon and Ham FEATURED VEGGIES Baked Beans Assorted Fresh Veggies	6 Mashed Potato Bowl FEATURED VEGGIES Corn Assorted Fresh Veggies								
BRAVO! Daily Pizza Station												
9 Italian Meat Ball Sub Chili Cheese Dog FEATURED VEGGIES Green Beans Assorted Fresh Veggies	10 Buffalo Chicken Dip FEATURED VEGGIES Glazed Carrots Assorted Fresh Veggies	11 Spicy Buffalo Wings with Ranch Dressing FEATURED VEGGIES Carrots & Celery Assorted Fresh Veggies	12 Italian Sausage with Peppers and Onions Crispy Chicken on Pretzel Roll with Bacon and Beer Cheese FEATURED VEGGIES French Fries Assorted Fresh Veggies	13 Pergies with Butter and Onions FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies								
BRAVO! Daily Pizza Station												
16 French Toast Sticks with Sausage FEATURED VEGGIES Tater Tots Assorted Fresh Veggies	17 Walking Taco FEATURED VEGGIES Refried Beans Assorted Fresh Veggies	18 Macaroni and Cheese FEATURED VEGGIES Glazed Carrots Assorted Fresh Veggies	19 Pepperoni and Cheese Calzone FEATURED VEGGIES Green Beans Assorted Fresh Veggies	20 Chicken Alfredo with Garlic Breadstick FEATURED VEGGIES Broccoli Assorted Fresh Veggies								
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