













Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
 2 No School	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 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>
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 Breakfast Sandwich  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 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	
23  No School	24  No School	25  Christmas Day	26  No School	27  No School	
30  No School	31  No School				
<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>			<b>Meal Prices</b> 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
<b>BRAVO!</b> 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> <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>							
2 	3 Corn Dogs  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	4 Chicken Nuggets  <b>FEATURED VEGGIES</b> Celery & Carrots Assorted Fresh Veggies	5 Grilled Ham and Cheese on Pretzel Roll  <b>FEATURED VEGGIES</b> Sidewinder Fries Assorted Fresh Veggies	6 Chicken Potato Bowl  <b>FEATURED VEGGIES</b> Baby Carrots Assorted Fresh Veggies								
<b>BRAVO!</b> Daily Pizza Station												
9 Italian Meatball Sandwich  <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Assorted Fresh Veggies	10 Tacos  <b>FEATURED VEGGIES</b> Fresh Pico de Gallo Assorted Fresh Veggies	11 Cowboy Burger  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	12 Chicken Alfredo over Pasta  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	13 Italian Dunkers  <b>FEATURED VEGGIES</b> Side Salad Assorted Fresh Veggies								
<b>BRAVO!</b> Daily Pizza Station												
16 Cheeseburger Tater Tot Bowl  <b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Veggies	17 Orange Chicken over Rice  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	18 Boneless Wings with Garlic Knot Roll  <b>FEATURED VEGGIES</b> Steamed Cauliflower Assorted Fresh Veggies	19 Mild Sausage Sandwich with Peppers and Onions  <b>FEATURED VEGGIES</b> Steamed Peas Assorted Fresh Veggies	20 Buffalo Chicken Dip with Nacho Chips  <b>FEATURED VEGGIES</b> Cole Slaw Assorted Fresh Veggies								
<b>BRAVO!</b> Daily Pizza Station												
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<b>BRAVO!</b> Daily Pizza Station												
30 	31 											
<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		
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