


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
<p>3</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>4</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>5</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>6</p> <p>Mini French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>7</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<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>						
<p>10</p> <p>Mini Cinnamon Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Yogurt Parfait</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>No School</p>	<p>14</p> <p>No School</p>							
<p>17</p> <p>No School</p>	<p>18</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>Mini French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>21</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<p>24</p> <p>Glazed Dunkin Sticks</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Assorted Cereal</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Mini French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>28</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<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> 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>							
3 General Tso Chicken over Rice  <b>FEATURED VEGGIES</b> Broccoli Assorted Fresh Veggies	4 Corn Dogs  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	5 Chicken Nuggets with Dinner Roll  <b>FEATURED VEGGIES</b> Celery and Carrots Assorted Fresh Veggies	6 Grilled Ham and Cheese on Pretzel Roll  <b>FEATURED VEGGIES</b> Sidewinder Fries Assorted Fresh Veggies	7 Chicken Potato Bowl  <b>FEATURED VEGGIES</b> Baby Carrots Assorted Fresh Veggies								
<b>BRAVO!</b> Daily Pizza Station												
10 Italian Meatball Sandwich  <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Assorted Fresh Veggies	11 Tacos  <b>FEATURED VEGGIES</b> Fresh Pico de Gallo Assorted Fresh Veggies	12 Cowboy Burger  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	13 	14 								
<b>BRAVO!</b> Daily Pizza Station												
17 	18 Beef Nacho Grande  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	19 Hawaiian Pork Flatbread  <b>FEATURED VEGGIES</b> Sweet Potato Fries Assorted Fresh Veggies	20 Hot Dog on Bun  <b>FEATURED VEGGIES</b> BBQ Baked Beans Assorted Fresh Veggies	21 Salisbury Steak with Gravy over Buttered Noodles  <b>FEATURED VEGGIES</b> Peas Assorted Fresh Veggies								
<b>BRAVO!</b> Daily Pizza Station												
24 Macaroni and Cheese  <b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Veggies	25 Cheeseburger on Bun  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	26 Chicken Nuggets with Dinner Roll  <b>FEATURED VEGGIES</b> Celery and Carrots Assorted Fresh Veggies	27 Corn Dogs  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	28 Grilled Chicken Sandwich  <b>FEATURED VEGGIES</b> Tater Tots 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>\$0.00</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$2.50</td> </tr> </table>		Student Lunch	\$0.00	Reduced Lunch	\$0.00	Faculty Lunch	\$2.50		
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