



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
		1 	2 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 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>						
6 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	10 Assorted Cereals Assorted Cereals or Cereal Bar with Graham Crackers							
13 Mini Blueberry Gazed Donuts Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	16 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Dutch Waffles Assorted Cereals or Cereal Bar with Graham Crackers							
20 	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Assorted Cereal Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	24 Dutch Waffles Assorted Cereals or Cereal Bar with Graham Crackers							
27 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	30 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	31 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers							
<p>Rebekah Wilver, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com</p>			<p>Meal Prices</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">Student Breakfast</td> <td style="text-align: right;">\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td style="text-align: right;">\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td style="text-align: right;">\$2.50</td> </tr> </table>			Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.50
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
BRAVO! Weekly Theme! Description here. Customizable for (V)					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 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>
		 1	2 Pulled Pork Sandwich Grilled Chicken with Cheese Bacon FEATURED VEGGIES Baked Beans Assorted Fresh Veggies	3 Mashed Potato Bowl FEATURED VEGGIES Corn Assorted Fresh Veggies	
BRAVO! Weekly Theme! Description here. Customizable for (V)					
6 Pasta with Meatballs FEATURED VEGGIES Green Beans Assorted Fresh Veggies	7 Chicken and Cheese Taquitos FEATURED VEGGIES Mexican Rice Assorted Fresh Veggies	8 Spicy Buffalo Wings and Ranch Dressing FEATURED VEGGIES Carrots and Celery Assorted Fresh Veggies	9 Crispy Chicken on Pretzel Roll with Bacon and Beer Cheese FEATURED VEGGIES French Fries Assorted Fresh Veggies	10 Perogies with Butter and Onions FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies	
BRAVO! Weekly Theme! Description here. Customizable for (V)					
13 French Toast Sticks with Sausage FEATURED VEGGIES Tater Tots Assorted Fresh Veggies	14 Walking Taco FEATURED VEGGIES Refried Beans Assorted Fresh Veggies	15 Macaroni and Cheese FEATURED VEGGIES Glazed Carrots Assorted Fresh Veggies	16 Pepperoni and Cheese Calzone FEATURED VEGGIES Green Beans Assorted Fresh Veggies	17 General Tso's Chicken with Rice FEATURED VEGGIES Broccoli Assorted Fresh Veggies	
BRAVO! Weekly Theme! Description here. Customizable for (V)					
 20	21 Chicken and Cheese Quesadillas FEATURED VEGGIES Mexican Street Corn Assorted Fresh Veggies	22 Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies	23 Beef Cheesesteak Cowboy Burger FEATURED VEGGIES French Fries Assorted Fresh Veggies	24 Buffalo Chicken Dip with Nacho Chips FEATURED VEGGIES Cheesy Zucchini Bake Assorted Fresh Veggies	
BRAVO! Weekly Theme! Description here. Customizable for (V)					
27 Meatloaf with Mashed Potatoes and Gravy FEATURED VEGGIES Green Beans Assorted Fresh Veggies	28 Steak Burrito Bowl FEATURED VEGGIES Black Beans and Corn Assorted Fresh Veggies	29 French Bread Pizza FEATURED VEGGIES Carrots Assorted Fresh Veggies	30 Chicken Tenders FEATURED VEGGIES Curly Fries Assorted Fresh Veggies	31 Perogies with Butter and Onions FEATURED VEGGIES Peas Assorted Fresh Veggies	
Rebekah Wilver, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com			Meal Prices Student Lunch \$2.50 Reduced Lunch \$0.00 Faculty Lunch \$4.75		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

