





**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 	2 Belgian Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	3 Eggo Mini Waffles  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>Assorted Muffins and Benefit Bars</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>
6 Mini Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	8 Scrambled Eggs with Toast  Assorted Cereals or Cereal Bar with Graham Crackers	9 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	
13 Pancake and Sausage on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers	14 French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	15 Belgian Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	
20 	21 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	22 Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini French Toast with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	24 Eggo Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28 Bagel with Creamed Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	29 Warm Glazed Donut  Assorted Cereals or Cereal Bar with Graham Crackers	30 Belgium Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	31 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	




**Nicole Pennypacker, Lead Cook**  
Sandra L. Robinson, General Manager  
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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.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 	2 Sweet and Sour Chicken over Rice  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	3 Pepperoni Pizza  <b>FEATURED VEGGIES</b> Carrots Assorted Fresh Veggies	<b>What is a Meal?</b> 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 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white and chocolate  <b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps  <b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products
6 Chicken and Cheese Quesadillas  <b>FEATURED VEGGIES</b> Broccoli Assorted Fresh Veggies	7 Stuffed Shells with Garlic Bread Stick  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	8 BBQ Chicken Filet on Hamburger Bun  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	9 French Toast Sticks with Sausage Patties  <b>FEATURED VEGGIES</b> Tater Tots Assorted Fresh Veggies	10 Pizza  <b>FEATURED VEGGIES</b> Buttered Corn Assorted Fresh Veggies	
13 Walking Taco  <b>FEATURED VEGGIES</b> Salsa Assorted Fresh Veggies	14 Italian Dunkers Pepperoni Stuffed Bread Stick  <b>FEATURED VEGGIES</b> Tri-Tater Assorted Fresh Veggies	15 Cheeseburger on Bun  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies	16 Chicken Nuggets  <b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Veggies	17 Pizza  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	
20 	21 Salisbury Steak over Buttered Noodles  <b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Veggies	22 Grilled Cheese on Texas Toast  <b>FEATURED VEGGIES</b> Tomato Soup Assorted Fresh Veggies	23 Pasta with Meat Sauce  <b>FEATURED VEGGIES</b> Tossed Salad Assorted Fresh Veggies	24 Pizza  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	
27 Chicken Patty on Bun  <b>FEATURED VEGGIES</b> Tossed Salad Assorted Fresh Veggies	28 Nachos with Meat and Cheese  <b>FEATURED VEGGIES</b> Salsa Assorted Fresh Veggies	29 Philly Cheesesteak  <b>FEATURED VEGGIES</b> Curly Fries Assorted Fresh Veggies	30 Buffalo Chicken Wrap  <b>FEATURED VEGGIES</b> Corn Assorted Fresh Veggies	31 Pizza  <b>FEATURED VEGGIES</b> Carrots Assorted Fresh Veggies	
<b>Nicole Pennypacker, Lead Cook</b> <b>Sandra L. Robinson, General Manager</b> 570-271-3268 ext. 2126 <a href="mailto:ma1125@metzcorp.com">ma1125@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch \$2.50 Reduced Lunch \$0.00 Faculty Lunch \$4.75		

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