





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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 	2 Bagels Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini Cinnamon Rolls 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 Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	7 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	8 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	10 Donuts Assorted Cereals or Cereal Bar with Graham Crackers	
13 Omelette Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	16 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	17 Oatmeal Chocolate Chip Bar Assorted Cereals or Cereal Bar with Graham Crackers	
20 	21 Smoothies Assorted Cereals or Cereal Bar with Graham Crackers	22 Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	23 Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	24 Dutch Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
27 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	28 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	29 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	30 Dutch Waffles Assorted Cereals or Cereal Bar with Graham Crackers	31 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	

Julie Houseknecht – Lead Cook
Sandra L. Robinson, General Manager
570-271-3268 ext. 2126
ma1125@metzcorp.com



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.



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		 1	2 Perogies with Dinner Roll FEATURED VEGGIES Green Beans Assorted Fresh Veggies	3 Pizza FEATURED VEGGIES Corn Assorted Fresh Veggies	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
6 Pepperoni and Cheese Stuffed Bread Sticks FEATURED VEGGIES Diced Carrots Assorted Fresh Veggies	7 Walking Taco FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies	8 BBQ Ribby on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies	9 Chicken Nuggets with Dinner Roll FEATURED VEGGIES Tri-Tater Assorted Fresh Veggies	10 Pizza FEATURED VEGGIES Sweet Peas Assorted Fresh Veggies	
13 Italian Dunkers FEATURED VEGGIES Mixed Veggies Assorted Fresh Veggies	14 Mini Corn Dog with Pretzel Stick FEATURED VEGGIES French Fries Assorted Fresh Veggies	15 French Toast with Sausage FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	16 Macaroni and Cheese with Dinner Roll FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies	17 Pizza FEATURED VEGGIES Green Beans Assorted Fresh Veggies	
 20	21 Chicken and Waffles FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies	22 Lasagna with Garlic Bread FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	23 Breaded Fish Sticks with Dinner Roll FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	24 Pizza FEATURED VEGGIES Steamed Green Beans Assorted Fresh Veggies	Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
27 Chicken Patty on a Bun FEATURED VEGGIES Mexican Street Corn Assorted Fresh Veggies	28 Nachos Grande with Tortilla Chips FEATURED VEGGIES Tater Tots Assorted Fresh Veggies	29 Turkey, Ham, and Cheese Sub FEATURED VEGGIES French Fries Assorted Fresh Veggies	30 Chicken Sticks with Dinner Roll FEATURED VEGGIES Scalloped Potatoes Assorted Fresh Veggies	31 Pizza FEATURED VEGGIES Diced Carrots Assorted Fresh Veggies	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (VG) Vegan These items do not contain any animal products

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Meal Prices

Student Lunch	\$2.50
Reduced Lunch	\$0.00
Faculty Lunch	\$4.75



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