

**Meet Your Nutritious Friend:  
Radical Radish**

| 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>Bagel with Creamed Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p> | <p>5</p> <p><b>FIRST DAY OF LENT</b></p> <p>Warm Glazed Donut</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p> | <p>6</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>               | <p>7</p> <p>Mini Waffles</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>        | <p><b>What is a Meal?</b></p> <p>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></p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, and chocolate</p> <p>Assorted Muffins and Benefit Bars</p> <p><b>(V) Vegetarian</b><br/><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b><br/><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>Pancake and Sausage on Stick</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>                     | <p>13</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>                 | <p>14</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p> |  |
| <p>17</p> <p>Glazed Dunkin Sticks</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p> | <p>18</p> <p>French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>             | <p>19</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>                                     | <p>20</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>              | <p>21</p> <p>Breakfast Burrito</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>  |  |
| <p>24</p> <p>Bagel-Fuls</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>Cinnamon Roll</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>                                    | <p>27</p> <p>Mini French Toast with Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p> | <p>28</p> <p><b>No School!</b></p>   |  |
| <p>31</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>        |  |  |  |  |  |

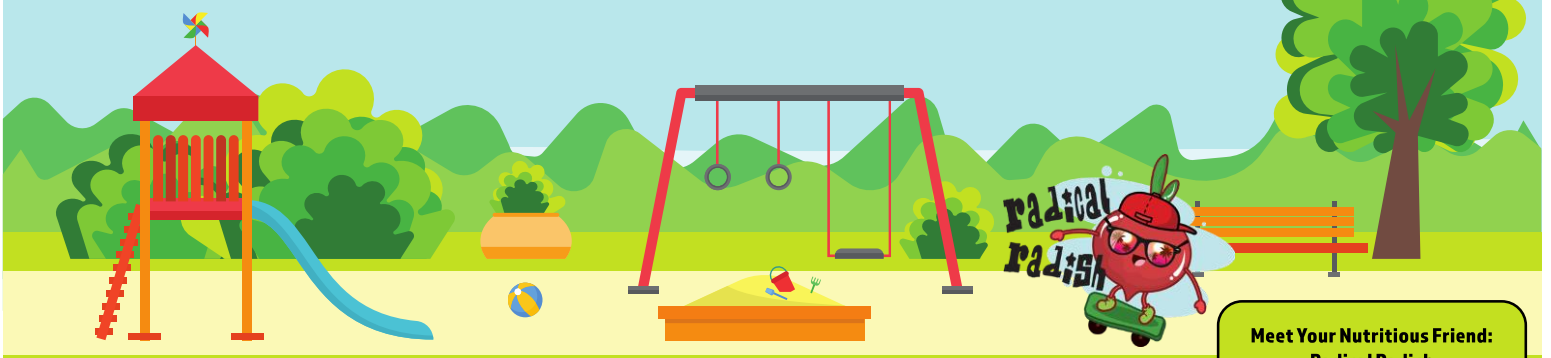
**Nicole Pennypacker, Lead Cook**  
**Sandra L. Robinson, General Manager**  
 570-271-3268 ext. 2126  
[ma1125@metzcorp.com](mailto:ma1125@metzcorp.com)

**Meal Prices**

|                   |        |
|-------------------|--------|
| Student Breakfast | \$0.00 |
| Reduced Breakfast | \$0.00 |
| Faculty Breakfast | \$2.50 |



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|---|--|--|--|---|--|
| <p>3</p> <p>Chicken Patty on Bun</p> <p><b>FEATURED VEGGIES</b><br/>Steamed Corn<br/>Assorted Fresh Veggies</p>                 | <p>4</p> <p>Mini Corn Dogs</p> <p><b>FEATURED VEGGIES</b><br/>Tater Tots<br/>Assorted Fresh Veggies</p>                            | <p>5</p> <p><b>FIRST DAY OF LENT</b></p> <p>Macaroni and Cheese</p> <p><b>FEATURED VEGGIES</b><br/>Steamed Broccoli<br/>Assorted Fresh Veggies</p> | <p>6</p> <p>Sweet and Sour Chicken over Rice</p> <p><b>FEATURED VEGGIES</b><br/>Green Beans<br/>Assorted Fresh Veggies</p>         | <p>7</p> <p>Cheese Pizza</p> <p><b>FEATURED VEGGIES</b><br/>Carrots<br/>Assorted Fresh Veggies</p>        | <p><b>What is a Meal?</b></p> <p>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></p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, chocolate</p> <p><b>Daily Alternates</b></p> <p>Fresh Entree Salad of the Week<br/>Craveables<br/>Weekly Cold Cut Sandwiches or Wraps</p> <p><b>(V) Vegetarian</b><br/><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b><br/><i>These items do not contain any animal products</i></p> |
| <p>10</p> <p>Walking Tacos</p> <p><b>FEATURED VEGGIES</b><br/>Broccoli<br/>Assorted Fresh Veggies</p>                           | <p>11</p> <p>Stuffed Shells with Garlic Bread Stick</p> <p><b>FEATURED VEGGIES</b><br/>Green Beans<br/>Assorted Fresh Veggies</p>  | <p>12</p> <p>Chicken Nuggets with Dinner Roll</p> <p><b>FEATURED VEGGIES</b><br/>French Fries<br/>Assorted Fresh Veggies</p>                       | <p>13</p> <p>French Toast Sticks with Sausage Patties</p> <p><b>FEATURED VEGGIES</b><br/>Tater Tots<br/>Assorted Fresh Veggies</p> | <p>14</p> <p>Cheese Pizza</p> <p><b>FEATURED VEGGIES</b><br/>Buttered Corn<br/>Assorted Fresh Veggies</p> |  |
| <p>17</p> <p>Perogies with Onions and Butter</p> <p><b>FEATURED VEGGIES</b><br/>Steamed Broccoli<br/>Assorted Fresh Veggies</p> | <p>18</p> <p>Italian Dunkers</p> <p><b>FEATURED VEGGIES</b><br/>Tri-Tater<br/>Assorted Fresh Veggies</p>                           | <p>19</p> <p>Cheeseburger on Bun</p> <p><b>FEATURED VEGGIES</b><br/>French Fries<br/>Assorted Fresh Veggies</p>                                    | <p>20</p> <p>Chicken and Gravy over Biscuits</p> <p><b>FEATURED VEGGIES</b><br/>Steamed Broccoli<br/>Assorted Fresh Veggies</p>    | <p>21</p> <p>Cheese Pizza</p> <p><b>FEATURED VEGGIES</b><br/>Green Beans<br/>Assorted Fresh Veggies</p>   |  |
| <p>24</p> <p>Nachos with Meat and Cheese</p> <p><b>FEATURED VEGGIES</b><br/>Buttered Corn<br/>Assorted Fresh Veggies</p>        | <p>25</p> <p>Salisbury Steak over Buttered Noodles</p> <p><b>FEATURED VEGGIES</b><br/>Seasoned Peas<br/>Assorted Fresh Veggies</p> | <p>26</p> <p>Grilled Cheese on Texas Toast</p> <p><b>FEATURED VEGGIES</b><br/>Tomato Soup<br/>Assorted Fresh Veggies</p>                           | <p>27</p> <p>Mini Corn Dogs</p> <p><b>FEATURED VEGGIES</b><br/>Tossed Salad<br/>Assorted Fresh Veggies</p>                         | <p>28</p> <p><b>No School!</b></p>  |  |
| <p>31</p> <p>Pasta with Meat Sauce</p> <p><b>FEATURED VEGGIES</b><br/>Carrots<br/>Assorted Fresh Veggies</p>                    |  |  |  |   |  |

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