




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>FIRST DAY OF LENT</p> <p>Breakfast Sandwich Lent Option – No Meat</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 Lent Option – No Meat</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<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>						
<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>French Toast Strips with Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>14</p> <p>Breakfast Sandwich Lent Option – No Meat</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>							
<p>17</p> <p>Mini Blueberry Glazed Donut Holes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</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>31</p> <p>Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>											
<p>Donna Snyder, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com</p>			<p>Meal Prices</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
BRAVO! Daily Pizza Station					<p>What is a Meal?</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"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, and chocolate</p> <p>Daily Alternates</p> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>
<p>3</p> <p>General Tso's Chicken</p> <p>FEATURED VEGGIES Broccoli Assorted Fresh Veggies</p>	<p>4</p> <p>Gyro</p> <p>FEATURED VEGGIES Green Beans Assorted Fresh Veggies</p>	<p>5</p> <p>FIRST DAY OF LENT</p> <p>Macaroni and Cheese</p> <p>FEATURED VEGGIES Steamed Peas Assorted Fresh Veggies</p>	<p>6</p> <p>Grilled Ham and Cheese on Pretzel Roll</p> <p>FEATURED VEGGIES French Fries Assorted Fresh Veggies</p>	<p>7</p> <p>Chicken Potato Bowl</p> <p>FEATURED VEGGIES Corn Assorted Fresh Veggies</p>	
BRAVO! Daily Pizza Station					
<p>10</p> <p>Italian Meatball Sandwich</p> <p>FEATURED VEGGIES Steamed Mixed Veggies Assorted Fresh Veggies</p>	<p>11</p> <p>Walking Taco</p> <p>FEATURED VEGGIES Fresh Pico de Gallo Assorted Fresh Veggies</p>	<p>12</p> <p>Cowboy Burger</p> <p>FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies</p>	<p>13</p> <p>Chicken Alfredo over Pasta</p> <p>FEATURED VEGGIES Green Beans Assorted Fresh Veggies</p>	<p>14</p> <p>Italian Dunkers Lent Option – Cheese Pizza</p> <p>FEATURED VEGGIES Side Salad Assorted Fresh Veggies</p>	
BRAVO! Daily Pizza Station					
<p>17</p> <p>Hot Dog on Bun</p> <p>FEATURED VEGGIES BBQ Baked Beans Assorted Fresh Veggies</p>	<p>18</p> <p>Buffalo Chicken Sandwich</p> <p>FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies</p>	<p>19</p> <p>Hawaiian Pork Flatbread</p> <p>FEATURED VEGGIES Sweet Potato Fries Assorted Fresh Veggies</p>	<p>20</p> <p>Pasta with Marinara Sauce and Meatballs with Garlic Knot Roll</p> <p>FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies</p>	<p>21</p> <p>Grilled Cheese Sandwich</p> <p>FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies</p>	
BRAVO! Daily Pizza Station					
<p>24</p> <p>Cheeseburger on Bun</p> <p>FEATURED VEGGIES French Fries Assorted Fresh Veggies</p>	<p>25</p> <p>Salisbury Steak with Gravy over Buttered Noodles</p> <p>FEATURED VEGGIES Peas Assorted Fresh Veggies</p>	<p>26</p> <p>Chicken Nuggets with Dinner Roll</p> <p>FEATURED VEGGIES Celery and Carrots Assorted Fresh Veggies</p>	<p>27</p> <p>Corn Dogs</p> <p>FEATURED VEGGIES Green Beans Assorted Fresh Veggies</p>	<p>28</p> <p>No School!</p> 	
BRAVO! Daily Pizza Station					
<p>31</p> <p>Macaroni and Cheese</p> <p>FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies</p>					
<p>Donna Snyder, Lead Cook</p> <p>Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Lunch \$2.75 Reduced Lunch \$0.00 Faculty Lunch \$4.75</p>		

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