



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	2 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white and chocolate
5 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	6 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	7 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	8 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	9 Assorted Cereal Assorted Cereals or Cereal Bar with Graham Crackers	
12 Mini Blueberry Glazed Donuts Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	15 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	16 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
19 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	20 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	22 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	23 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
26 Memorial Day No School! 	27 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	29 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	30 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers	(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>
Rebekah Wilver, 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		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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



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BRAVO! Weekly Theme! Daily Pizza Station					<p>What is a Meal? 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 Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</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>Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p>
			<p>1</p> <p>Pulled Pork Sandwich Buffalo Chicken Sandwich</p> <p>FEATURED VEGGIES Baked Beans Assorted Fresh Veggies</p>	<p>2</p> <p>Mashed Potato Bowl with Chicken</p> <p>FEATURED VEGGIES Corn Assorted Fresh Veggies</p>	
BRAVO! Weekly Theme! Daily Pizza Station					
<p>5</p> <p>Pasta with Meatballs</p> <p>FEATURED VEGGIES Green Beans Assorted Fresh Veggies</p>	<p>6</p> <p>Chicken and Cheese Taquitos</p> <p>FEATURED VEGGIES Mexican Rice Assorted Fresh Veggies</p>	<p>7</p> <p>Spicy Buffalo Wings and Ranch Dressing</p> <p>FEATURED VEGGIES Carrots and Celery Assorted Fresh Veggies</p>	<p>8</p> <p>Crispy Chicken on Pretzel Roll with Bacon and Beer Cheese</p> <p>FEATURED VEGGIES French Fries Assorted Fresh Veggies</p>	<p>9</p> <p>Perogies with Butter and Onions</p> <p>FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies</p>	
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<p>12</p> <p>French Toast Sticks</p> <p>FEATURED VEGGIES Tater Tots Assorted Fresh Veggies</p>	<p>13</p> <p>Walking Taco</p> <p>FEATURED VEGGIES Refried Beans Assorted Fresh Veggies</p>	<p>14</p> <p>Hot Honey Chicken Tenders</p> <p>FEATURED VEGGIES French Fries Assorted Fresh Veggies</p>	<p>15</p> <p>Pepperoni and Cheese Calzone</p> <p>FEATURED VEGGIES Green Beans Assorted Fresh Veggies</p>	<p>16</p> <p>Macaroni and Cheese</p> <p>FEATURED VEGGIES Glazed Carrots Assorted Fresh Veggies</p>	
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<p>19</p> <p>Chef's Choice Gyro</p> <p>FEATURED VEGGIES Peas Assorted Fresh Veggies</p>	<p>20</p> <p>Chicken and Cheese Quesadillas</p> <p>FEATURED VEGGIES Mexican Street Corn Assorted Fresh Veggies</p>	<p>21</p> <p>Buffalo Chicken Dip</p> <p>FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies</p>	<p>22</p> <p>Beef Cheesesteak</p> <p>FEATURED VEGGIES French Fries Assorted Fresh Veggies</p>	<p>23</p> <p>Buffalo Chicken Dip with Nacho Chips</p> <p>FEATURED VEGGIES Cheesy Zucchini Bake Assorted Fresh Veggies</p>	
BRAVO! Weekly Theme! Daily Pizza Station					
<p>Memorial Day No School! </p> <p>26</p>	<p>27</p> <p>Salisbury Steak with Buttered Noodles</p> <p>FEATURED VEGGIES Buttered Corn Assorted Fresh Veggies</p>	<p>28</p> <p>Steak Burrito Bowl</p> <p>FEATURED VEGGIES Black Beans and Corn Assorted Fresh Veggies</p>	<p>29</p> <p>Grilled Cheese Sandwich</p> <p>FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies</p>	<p>30</p> <p>Loaded Mac and Cheese with Garlic Bread</p> <p>FEATURED VEGGIES Broccoli Assorted Fresh Veggies</p>	
<p>Rebekah Wilver, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Lunch \$2.50 Reduced Lunch \$0.00 Faculty Lunch \$4.75</p>		

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