


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> 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.  <b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes  <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>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
4 Mini Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	6 Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	7 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	8 <b>NO SCHOOL</b>  Assorted Cereals or Cereal Bar with Graham Crackers	
11 Mini Blueberry Glazed Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	14 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	15 Assorted Cereal  Assorted Cereals or Cereal Bar with Graham Crackers	
18 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	20 Assorted Cereal  Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	22 Dutch Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	
25 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	26 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	27 <b>THANKSGIVING BREAK NO SCHOOL</b>	28 <b>THANKSGIVING BREAK NO SCHOOL</b>	29 <b>THANKSGIVING BREAK NO SCHOOL</b>	
<b>Rebekah Wilver, 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 Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.50		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station					<b>1</b>  Mashed Potato Bowl  <b>FEATURED VEGGIES</b> Corn 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. <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> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station					<b>8</b>  <b>NO SCHOOL</b>	<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>4</b>	<b>5</b>	<b>6</b>	<b>7</b>			
Italian Meatball Sub Chili Cheese Dog  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	Pulled Pork Nachos  <b>FEATURED VEGGIES</b> Mexican Rice Assorted Fresh Veggies	Spicy Buffalo Wings with Ranch Dressing  <b>FEATURED VEGGIES</b> Carrots and Celery Assorted Fresh Veggies	Italian Sausage with Peppers and Onion Crispy Chicken on Pretzel Roll with Bacon and Beer Cheese  <b>FEATURED VEGGIES</b> French Fries Assorted Fresh Veggies			
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station					<b>15</b>  Chicken Alfredo with Garlic Breadstick	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>			
French Toast Sticks with Sausage  <b>FEATURED VEGGIES</b> Tater Tots Assorted Fresh Veggies	Walking Taco  <b>FEATURED VEGGIES</b> Refried Beans Assorted Fresh Veggies	Macaroni and Cheese  <b>FEATURED VEGGIES</b> Glazed Carrots Assorted Fresh Veggies	Pepperoni & Cheese Calzone  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies			
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station					<b>22</b>  Loaded Perogies  <b>FEATURED VEGGIES</b> Broccoli Assorted Fresh Veggies	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>			
Salisbury Steak with Buttered Noodles Gyro  <b>FEATURED VEGGIES</b> Peas Assorted Fresh Veggies	Chicken and Cheese Quesadillas  <b>FEATURED VEGGIES</b> Mexican Street Corn Assorted Fresh Veggies	Grilled Cheese Sandwich  <b>FEATURED VEGGIES</b> Tomato Soup Assorted Fresh Veggies	<b>THANKSGIVING DINNER</b>  <b>FEATURED VEGGIES</b> Mashed Potatoes Seasoned Buttered Corn			
<b>BRAVO!</b> Weekly Theme! Daily Pizza Station					<b>29</b>  <b>THANKSGIVING BREAK NO SCHOOL</b>	<b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
Meatloaf with Mashed Potatoes and Gravy Turkey Corn Dogs  <b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Veggies	Steak Burrito Bowl  <b>FEATURED VEGGIES</b> Black Bean and Corn Salsa Assorted Fresh Veggies	<b>THANKSGIVING BREAK NO SCHOOL</b>	 <b>THANKSGIVING BREAK NO SCHOOL</b>			
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