



Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Mini Waffles 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
4 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	6 Scrambled Eggs with Toast Assorted Cereals or Cereal Bar with Graham Crackers	7 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	8 NO SCHOOL	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
11 Pancake and Sausage on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Assorted Cereals or Cereal Bar with Graham Crackers	13 Belgian Waffle Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white and chocolate
18 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	20 Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini French Toast with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	22 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	Served Daily Assorted Muffins and Benefit Bars
25 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	26 Bagel with Creamed Cheese Assorted Cereals or Cereal Bar with Graham Crackers	27 THANKSGIVING BREAK NO SCHOOL	28  THANKSGIVING BREAK NO SCHOOL	29 THANKSGIVING BREAK NO SCHOOL	(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

Nicole Pennypacker, 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.



**Meet Your Nutritious Friend:
Cran "Bogger"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Pepperoni Pizza FEATURED VEGGIES Carrots Assorted Fresh Veggies	1 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
Chicken and Cheese Quesadillas FEATURED VEGGIES Broccoli Assorted Fresh Veggies	Stuffed Shells with Garlic Bread Stick FEATURED VEGGIES Green Beans Assorted Fresh Veggies	Popcorn Chicken FEATURED VEGGIES Mashed Potatoes Assorted Fresh Veggies	French Toast Sticks with Sausage Patties FEATURED VEGGIES Tater Tots Assorted Fresh Veggies	NO SCHOOL	8 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
Walking Taco FEATURED VEGGIES Salsa Assorted Fresh Veggies	Ham Egg and Cheese on Bagel FEATURED VEGGIES Tri-Tater Assorted Fresh Veggies	Cheeseburger on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies	Chicken Nuggets FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	Pizza FEATURED VEGGIES Green Beans Assorted Fresh Veggies	15 Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white and chocolate
Perogies with Onions and Butter FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	Salisbury Steak over Buttered Noodles FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	Grilled Cheese on Texas Toast FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies	THANKSGIVING DINNER FEATURED VEGGIES Mashed Potatoes Seasoned Buttered Corn	Pizza FEATURED VEGGIES Green Beans Assorted Fresh Veggies	22 Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
Chicken Patty on Bun FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies	Nachos with Meat and Cheese FEATURED VEGGIES Salsa Assorted Fresh Veggies	THANKSGIVING BREAK NO SCHOOL	HAPPY Thanksgiving 	THANKSGIVING BREAK NO SCHOOL	29 (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

Nicole Pennypacker, Lead Cook
Sandra L. Robinson, General Manager
570-271-3268 ext. 2126
ma1125@metzcorp.com

Meal Prices
Student Breakfast \$2.50
Reduced Breakfast \$0.00
Faculty Breakfast \$4.75



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