



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Breakfast Sandwich 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 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 NO SCHOOL Assorted Cereals or Cereal Bar with Graham Crackers	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 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 Breakfast Sandwich 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 Assorted Cereal Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Sandwich 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 THANKSGIVING BREAK NO SCHOOL	28 	29 THANKSGIVING BREAK NO SCHOOL	(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>
Donna Snyder, 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
BRAVO! Weekly Theme! Daily Pizza Station					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 A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
				1 Chicken Potato Bowl FEATURED VEGGIES Baby Carrots Assorted Fresh Veggies	
BRAVO! Weekly Theme! Daily Pizza Station					Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white and chocolate Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
4 Italian Meatball Sandwich FEATURED VEGGIES Steamed Mixed Veggies Assorted Fresh Veggies	5 Tacos FEATURED VEGGIES Fresh Pico de Gallo Assorted Fresh Veggies	6 Cowboy Burger FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	7 Chicken Alfredo over Pasta FEATURED VEGGIES Green Beans Assorted Fresh Veggies	8 NO SCHOOL	
BRAVO! Weekly Theme! Daily Pizza Station					
11 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	12 Orange Chicken over Rice FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	13 Boneless Wings with Garlic Knot Roll FEATURED VEGGIES Steamed Cauliflower Assorted Fresh Veggies	14 Mild Sausage Sandwich with Peppers and Onions FEATURED VEGGIES Steamed Peas Assorted Fresh Veggies	15 Buffalo Chicken Dip with Nacho Chips FEATURED VEGGIES Cole Slaw Assorted Fresh Veggies	
BRAVO! Weekly Theme! Daily Pizza Station					
18 Pasta with Marinara and Garlic Knot Roll FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies	19 Beef Nacho Grande FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	20 Hawaiian Pork Flatbread FEATURED VEGGIES Sweet Potato Fries Assorted Fresh Veggies	21 THANKSGIVING DINNER FEATURED VEGGIES Mashed Potatoes Buttered Seasoned Corn	22 Salisbury Steak with Gravy over Buttered Noodles FEATURED VEGGIES Sweet Peas Assorted Fresh Veggies	
BRAVO! Weekly Theme! Daily Pizza Station					
25 Macaroni and Cheese FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	26 Cheeseburger on Bun FEATURED VEGGIES French Fries Assorted Fresh Veggies	27 THANKSGIVING BREAK NO SCHOOL	28 	29 THANKSGIVING BREAK NO SCHOOL	(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>
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