




Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
	1 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	2 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	4 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers	<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>							
7 Mini Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	9 Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	10 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	11 Assorted Cereal Assorted Cereals or Cereal Bar with Graham Crackers								
14 Mini Blueberry Glazed Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	17 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	18 Assorted Cereal Assorted Cereals or Cereal Bar with Graham Crackers								
21 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	23 Assorted Cereal Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	25 								
28 Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	29 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	31 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers									
<p>Rebekah Wilver, 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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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. 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, chocolate, vanilla, and strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps (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
	1 Chicken and Cheese Taquito FEATURED VEGGIES Spicy Sidewinder Fries Assorted Fresh Veggies	2 Italian Dunkers FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies	3 Pulled Pork Sandwich Grilled Chicken with Cheese Bacon and Ham FEATURED VEGGIES Baked Beans Assorted Fresh Veggies	4 Mashed Potato Bowl FEATURED VEGGIES Corn Assorted Fresh Veggies	
BRAVO! Weekly Theme! Daily Pizza Station					
7 Italian Meatball Sub Fish Sticks with French Fries FEATURED VEGGIES Green Beans Assorted Fresh Veggies	8 Pulled Pork Nachos FEATURED VEGGIES Mexican Rice Assorted Fresh Veggies	9 Spicy Buffalo Wings with Ranch Dressing FEATURED VEGGIES Carrots & Celery Assorted Fresh Veggies	10 Italian Sausage with Peppers and Onions Crispy Chicken on Pretzel Roll with Bacon & Beer Cheese FEATURED VEGGIES French Fries Assorted Fresh Veggies	11 Perogies with Butter and Onions FEATURED VEGGIES Cheesy Broccoli Assorted Fresh Veggies	
BRAVO! Weekly Theme! Daily Pizza Station					
14 French Toast Sticks with Sausage FEATURED VEGGIES Tater Tots Assorted Fresh Veggies	15 Walking Taco FEATURED VEGGIES Refried Beans Assorted Fresh Veggies	16 Macaroni and Cheese FEATURED VEGGIES Glazed Carrots Assorted Fresh Veggies	17 Pepperoni and Cheese Calzone FEATURED VEGGIES Green Beans Assorted Fresh Veggies	18 Chicken Alfredo with Garlic Breadstick FEATURED VEGGIES Broccoli Assorted Fresh Veggies	
BRAVO! Weekly Theme! Daily Pizza Station					
21 Salisbury Steak with Buttered Noodles FEATURED VEGGIES Peas Assorted Fresh Veggies	22 Chicken and Cheese Quesadillas FEATURED VEGGIES Mexican Street Corn Assorted Fresh Veggies	23 Grilled Cheese Sandwich FEATURED VEGGIES Tomato Soup Assorted Fresh Veggies	24 Beef Cheesesteak Cowboy Burger FEATURED VEGGIES French Fries Assorted Fresh Veggies	25 	
BRAVO! Weekly Theme! Daily Pizza Station					
28 Meatloaf with Mashed Potatoes and Gravy FEATURED VEGGIES Green Beans Assorted Fresh Veggies	29 Steak Burrito Bowl FEATURED VEGGIES Black Beans and Corn Assorted Fresh Veggies	30 French Bread Pizza FEATURED VEGGIES Carrots Assorted Fresh Veggies	31 Chicken Tenders FEATURED VEGGIES Curly Fries Assorted Fresh Veggies		
Rebekah Wilver, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com			Meal Prices Student Lunch \$2.50 Reduced Lunch \$0.00 Faculty Lunch \$4.75		

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