



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 Breakfast Sandwich 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 Breakfast Sandwich 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 Breakfast Sandwich 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 with Syrup 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>Donna Snyder, 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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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
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>						
	1 Corn Dogs FEATURED VEGGIES Green Beans Assorted Fresh Veggies	2 Chicken Nuggets FEATURED VEGGIES Celery & Carrots Assorted Fresh Veggies	3 Grilled Ham and Cheese on Pretzel Roll FEATURED VEGGIES Sidewinder Fries Assorted Fresh Veggies	4 Chicken Potato Bowl FEATURED VEGGIES Baby Carrots Assorted Fresh Veggies							
BRAVO! Weekly Theme! Daily Pizza Station											
7 Italian Meatball Sandwich FEATURED VEGGIES Steamed Mixed Veggies Assorted Fresh Veggies	8 Tacos FEATURED VEGGIES Fresh Pico de Gallo Assorted Fresh Veggies	9 Cowboy Burger FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	10 Calzone FEATURED VEGGIES Tri Tater Assorted Fresh Veggies	11 Bacon Cheddar Perogies FEATURED VEGGIES Side Salad							
BRAVO! Weekly Theme! Daily Pizza Station											
14 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	15 Orange Chicken over Rice FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	16 Wing Dings with Garlic Knot Roll FEATURED VEGGIES Steamed Cauliflower Assorted Fresh Veggies	17 Turkey and Provolone Super Sub Cheeseburger FEATURED VEGGIES Steamed Peas Assorted Fresh Veggies	18 Buffalo Chicken Dip with Nacho Chips FEATURED VEGGIES Cole Slaw Assorted Fresh Veggies							
BRAVO! Weekly Theme! Daily Pizza Station											
21 Pasta with Marinara and Garlic Knot Roll FEATURED VEGGIES Tossed Salad Assorted Fresh Veggies	22 Beef Nacho Grande FEATURED VEGGIES Steamed Corn Assorted Fresh Veggies	23 Hawaiian Pork Flatbread FEATURED VEGGIES Sweet Potato Fries Assorted Fresh Veggies	24 Calzone FEATURED VEGGIES BBQ Baked Beans Assorted Fresh Veggies	25 							
BRAVO! Weekly Theme! Daily Pizza Station											
28 Italian Meatball Hoagie FEATURED VEGGIES Steamed Broccoli Assorted Fresh Veggies	29 Cheeseburger FEATURED VEGGIES French Fries Assorted Fresh Veggies	30	31								
<p>Donna Snyder, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Lunch</td> <td>\$2.75</td> </tr> <tr> <td>Reduced Lunch</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Lunch</td> <td>\$4.75</td> </tr> </table>		Student Lunch	\$2.75	Reduced Lunch	\$0.00	Faculty Lunch	\$4.75	<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>
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