

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
2 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	5 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>						
9 Mini Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11 Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	13 Assorted Cereal  Assorted Cereals or Cereal Bar with Graham Crackers							
16 Mini Blueberry Glazed Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	18 Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	19 Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	20 Assorted Cereal  Assorted Cereals or Cereal Bar with Graham Crackers							
23 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	25 Assorted Cereal  Assorted Cereals or Cereal Bar with Graham Crackers	26 Mini French Toast with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	27 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers							
30 Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers											
<p><b>Rebekah Wilver</b> Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 <a href="mailto:ma1125@metzcorp.com">ma1125@metzcorp.com</a></p>			<p><b>Meal Prices</b></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							
<b>BRAVO!</b> Daily Pizza Station Daily Spicy Chicken Sandwich					<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <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> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>							
2 General Tso Chicken  <b>FEATURED VEGGIES</b> Baby Carrots	3 Beef Enchilada  <b>FEATURED VEGGIES</b> Sesame Green Beans	4 Indian Butter Chicken on Warm Flatbread  <b>FEATURED VEGGIES</b> Celery and Carrots with Ranch Dressing	5 Calzone  <b>FEATURED VEGGIES</b> Sidewinder Fries	6 Chicken Potato Bowl  <b>FEATURED VEGGIES</b> Baby Carrots								
<b>BRAVO!</b> Daily Pizza Station Daily Cheeseburger												
9 Pablanos Mex American Bar  <b>FEATURED VEGGIES</b> Tossed Salad	10 Pepper Steak over Lo Mein Noodles  <b>FEATURED VEGGIES</b> Fresh Pico de Gallo	11 Cowboy Burger  <b>FEATURED VEGGIES</b> Sweet Potato Fries	12 Hot Ham and Cheese on Pretzel Roll  <b>FEATURED VEGGIES</b> Tri Hash Brown	13 Bacon Cheddar Pierogies  <b>FEATURED VEGGIES</b> Broccoli								
<b>BRAVO!</b> Daily Pizza Station Daily Chicken Sandwich												
16 Cheeseburger Tater Tot Bowl  <b>FEATURED VEGGIES</b> Broccoli Salad	17 Orange Chicken with Fried Rice  <b>FEATURED VEGGIES</b> Steamed Golden Corn	18 Dip and Dust Wing Bar with Garlic Knot  <b>FEATURED VEGGIES</b> Fresh Cauliflower	19 Italian Super Sub  <b>FEATURED VEGGIES</b> Steamed Garden Peas	20 Buffalo Chicken Dip with Nacho Chips  <b>FEATURED VEGGIES</b> Cheesy Zucchini Bake								
<b>BRAVO!</b> Daily Pizza Station Daily Hamburger												
23 Pasta with Meatballs and Marinara Sauce with Garlic Knot  <b>FEATURED VEGGIES</b> Tossed Salad	24 Chicken Nacho Grande  <b>FEATURED VEGGIES</b> Cilantro Lime Slaw	25 Citrus Mojo Chicken with Dinner Roll  <b>FEATURED VEGGIES</b> Sweet Potato Fries	26 Breakfast Grill Sandwich Bar  <b>FEATURED VEGGIES</b> BBQ Baked Beans	27 Fish Sandwich  <b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozzarella Salad								
<b>BRAVO!</b> Daily Pizza Station Daily Spicy Chicken Sandwich												
30 Italian Meatball and Cheese Hoagie  <b>FEATURED VEGGIES</b> Corn and Black Beans												
<p><b>Rebakah Wilver, Lead Cook</b> Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 <a href="mailto:ma1125@metzcorp.com">ma1125@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$2.50</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$.40</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$4.75</td> </tr> </table>		Student Breakfast	\$2.50	Reduced Breakfast	\$.40	Faculty Breakfast	\$4.75		
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