



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 Mini French Toast 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					

**Nicole Pennypacker – Lead Cook**

Sandra L. Robinson, General Manager  
570-271-3268 ext. 2126  
[ma1125@metzcorp.com](mailto:ma1125@metzcorp.com)

**Meal Prices**

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.50





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>Chicken &amp; Mashed Potato Bowl with Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Corn</p>	<p>3</p> <p>Nacho Grande</p> <p><b>FEATURED VEGGIES</b> Salsa</p>	<p>4</p> <p>French Toast Sticks w/ Sausage Patties</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p>5</p> <p>Lasagna Roll Up with Bread Stick</p> <p><b>FEATURED VEGGIES</b> Baked Beans</p>	<p>6</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Carrot &amp; Raisin Salad</p>	<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>
<p>9</p> <p>Chicken Nuggets with Roll</p> <p><b>FEATURED VEGGIES</b> Tater Tots</p>	<p>10</p> <p>Walking Taco with Pretzel Rod</p> <p><b>FEATURED VEGGIES</b> Lettuce &amp; Tomato</p>	<p>11</p> <p>Hot Turkey Sandwich with Gravy &amp; Mashed Potatoes</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots</p>	<p>12</p> <p>Buffalo Chicken Flatbread</p> <p><b>FEATURED VEGGIES</b> Curly Fries</p>	<p>13</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Corn Salad</p>	
<p>16</p> <p>Chicken Patty on a Bun</p> <p><b>FEATURED VEGGIES</b> Oven Fries</p>	<p>17</p> <p>Walking Taco</p> <p><b>FEATURED VEGGIES</b> Mexicali Corn</p>	<p>18</p> <p>Cheesesteak Sandwich</p> <p><b>FEATURED VEGGIES</b> Tater Tots</p>	<p>19</p> <p>Chicken Alfredo over Pasta with Garlic Bread</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p>20</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Cucumber Slices</p>	
<p>23</p> <p>Chicken Nuggets</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli</p>	<p>24</p> <p>Beef Tacos with Soft Taco Shells</p> <p><b>FEATURED VEGGIES</b> Golden Corn</p>	<p>25</p> <p>Cowboy Burger</p> <p><b>FEATURED VEGGIES</b> Tri Patty Taters</p>	<p>26</p> <p>Macaroni &amp; Cheese</p> <p><b>FEATURED VEGGIES</b> Apple Cider Slaw</p>	<p>27</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Steamed Green Beans</p>	
<p>30</p> <p>Sloppy Joe on Bun</p> <p><b>FEATURED VEGGIES</b> Tossed Salad</p>					

**Nicole Pennypacker – Lead Cook**  
Sandra L. Robinson, General Manager  
570-271-3268 ext. 2126  
[ma1125@metzcorp.com](mailto:ma1125@metzcorp.com)

Meal Prices	
Student Lunch	\$2.50
Reduced Lunch	\$0.40
Faculty Lunch	\$4.75



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