

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>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, chocolate, vanilla, and strawberry</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>						
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>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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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! Daily Pizza Station Daily Spicy Chicken Sandwich					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 <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>
2 General Tso Chicken FEATURED VEGGIES Tater Tots	3 Pasta Bar FEATURED VEGGIES Sesame Green Beans	4 Chicken Nuggets FEATURED VEGGIES Celery and Carrots with Ranch Dressing	5 Grilled Ham and Cheese on Pretzel Roll FEATURED VEGGIES Sidewinder Fries	6 Chicken Potato Bowl FEATURED VEGGIES Baby Carrots	
BRAVO! Daily Pizza Station Daily Cheeseburger					
9 Italian Meatball Sandwich FEATURED VEGGIES Steamed Mixed Veggies	10 Poblanos Mex American Bar FEATURED VEGGIES Fresh Pico de Gallo	11 Cowboy Burger FEATURED VEGGIES Steamed Corn	12 Calzone FEATURED VEGGIES Tri Hash Brown	13 Bacon Cheddar Pierogies FEATURED VEGGIES Side Salad	
BRAVO! Daily Pizza Station Daily Chicken Sandwich					
16 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Steamed Broccoli	17 Orange Chicken over Rice FEATURED VEGGIES Steamed Golden Corn	18 Dip and Dust Wing Bar with Garlic Knot FEATURED VEGGIES Fresh Cauliflower	19 Turkey and Provolone Super Sub FEATURED VEGGIES Steamed Garden Peas	20 Buffalo Chicken Dip with Nacho Chips FEATURED VEGGIES Cole Slaw	
BRAVO! Daily Pizza Station Daily Hamburger					
23 Pasta with Marinara Sauce and Meatballs with Garlic Knot FEATURED VEGGIES Tossed Salad	24 Beef Nacho Grande FEATURED VEGGIES Steamed Corn	25 Hawaiian Pork Sandwich FEATURED VEGGIES Sweet Potato Fries	26 Calzone FEATURED VEGGIES BBQ Baked Beans	27 Fish Sandwich FEATURED VEGGIES Steamed Green Beans	
BRAVO! Daily Pizza Station Daily Spicy Chicken Sandwich					
30 Italian Meatball Hoagie FEATURED VEGGIES Steamed Broccoli					
Donna Snyder, Lead Cook Sandra L. Robinson, General Manager 570-271-3268 ext. 2126 ma1125@metzcorp.com			Meal Prices Student Lunch \$2.75 Reduced Lunch \$.40 Faculty Lunch \$4.75		

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