



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Labor Day - No School	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</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 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					

Julie Houseknecht – Lead Cook
Sandra L. Robinson, General Manager
570-271-3268 ext. 2126
ma1125@metzcorp.com

Meal Prices

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





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Labor Day – No School	3 Walking Taco with Dinner Roll FEATURED VEGGIES Street Corn Salad Salsa	4 Cheeseburger on Bun FEATURED VEGGIES Steamed Broccoli Carrot Sticks	5 Hot Ham & Cheese on a Pretzel Roll FEATURED VEGGIES Baked Beans Mandarin Spring Salad	6 Pizza FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad	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 Daily Alternates Craveables (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
9 Salisbury Steak over Noodles FEATURED VEGGIES Tomato Soup Tater Tots	10 Nachos Grande with Tortilla Chips FEATURED VEGGIES Refried Beans Lettuce & Tomato	11 Sloppy Joe Sandwich on a Bun FEATURED VEGGIES Glazed Carrots Broccoli Salad	12 Chicken Nuggets w/ Roll FEATURED VEGGIES Curly Fries Apple Cider Slaw	13 Pizza FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad	
16 Italian Pizza Dunkers FEATURED VEGGIES Oven Fries Chickpea Salad	17 Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	18 Cheesesteak on a Roll FEATURED VEGGIES Tater Tots Ranchero Carrots	19 Chicken Alfredo over Pasta with Garlic Bread FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	20 Pizza FEATURED VEGGIES Cherry Tomatoes Cucumber Slices	
23 Pancakes w/ Sausage Links FEATURED VEGGIES Steamed Broccoli Cucumber Slices	24 Mini Corn Dogs w/ Pretzel Stick FEATURED VEGGIES Latin Inspired Beans Golden Corn	25 Cheeseburger on Bun FEATURED VEGGIES Tri Patty Taters Carrot Sticks	26 Macaroni & Cheese w/ Roll FEATURED VEGGIES Stewed Tomatoes Apple Cider Slaw	27 Pizza FEATURED VEGGIES Steamed Green Beans Baby Carrots	
30 Lasagna with Garlic Bread Stick FEATURED VEGGIES Tossed Salad Baby Carrots					

Julie Houseknecht – Lead Cook
Sandra L. Robinson, General Manager
 570-271-3268 ext. 2126
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.