



**Meet Your Nutritious Friend:  
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Strawberry Pancake  French Toast Benefit Bar & Cheese Stick	2 Mini Maple Pancakes  French Toast Benefit Bar & Cheese Stick	3 Fruit Loop Waffle  French Toast Benefit Bar & Cheese Stick	4 Turkey Sausage & Pancake on a Stick  French Toast Benefit Bar & Cheese Stick	<p><b>What is a Meal?</b> Students 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>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, chocolate, 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>
7 Chocolate Donut  Strawberry Yogurt Chex & Cheese Stick	8 Confetti Pancake  Strawberry Yogurt Chex & Cheese Stick	9 Mini Chocolate Chip French Toast  Strawberry Yogurt Chex & Cheese Stick	10 Lucky Charm Cereal Bar & Cheese Stick  Strawberry Yogurt Chex & Cheese Stick	11 Chocolate Chip Muffin & Cheese Stick  Strawberry Yogurt Chex & Cheese Stick	
14 Powdered Donuts  Belly Bear Graham Cracker & Cheese Stick	15 Strawberry Pancake  Belly Bear Graham Cracker & Cheese Stick	16 Strawberry Cream Cheese Filled Bagel  Belly Bear Graham Cracker & Cheese Stick	17 	18 	
21 	22 Poptart & Cheese stick  Nutrigrain Bar & Cheese Stick	23 Cinni Mini  Nutrigrain Bar & Cheese Stick	24 <b>Circus Day!</b> Breakfast served from 8:20am-8:45am Golden Graham Cereal Bar & Cheese Stick	25 Blueberry Muffin & Cheese Stick  Nutrigrain Bar with a Cheese Stick	
28 Fruit Loops Cereal & Cheese Stick  French Toast Benefit Bar & Cheese Stick	29 Strawberry Pancake  French Toast Benefit Bar & Cheese Stick	30 Mini Maple Pancakes  French Toast Benefit Bar & Cheese Stick			

**Ariel Cowperthwait, General Manager**  
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**Meal Prices**  
Student Breakfast  
Faculty Breakfast

FREE  
\$3.00



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
	<p>1</p> <p>Italian Dunkers (V) Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Diced Carrots Fresh Veggies</p>	<p>2</p> <p>Mac n Cheese (V) Popcorn Chicken with a Roll</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Veggies</p>	<p>3</p> <p>French Toast Sticks (V) with Sausage Hot Dog</p> <p><b>FEATURED VEGGIES</b> Tater Tots Fresh Veggies</p>	<p>4</p> <p><b>Half Day!</b></p> <p><b>Bagged Lunch</b></p>	<p><b>What is a Meal?</b> Students 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, chocolate, and strawberry</p> <p><b>Weekly Alternates</b> 1-3: Bologna Sandwich 7-11: Chicken Caesar Salad 14-15: Grilled Chicken Wrap 22-25: Popcorn Chicken Salad 28-30: Ham &amp; Cheese Sandwich</p> <p>Cheese Sandwiches served Daily!</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>7</p> <p>Pasta with Meat Sauce Bosco Sticks (V)</p> <p><b>FEATURED VEGGIES</b> Corn Fresh Veggies</p>	<p>8</p> <p>Chicken Patty Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Peas Fresh Veggies</p>	<p>9</p> <p>Cheese Quesadilla (V) Chicken Tenders with a Roll</p> <p><b>FEATURED VEGGIES</b> Glazed Carrots Fresh Veggies</p>	<p>10</p> <p>Grilled Cheese Sandwich (V) Hot Dog</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetable Fresh Veggies</p>	<p>11</p> <p>Viking-Fil-A Sandwich Cheese Pizza (V)</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Veggies</p>		
<p>14</p> <p>Walking Tacos Pizza Crunchers (V)</p> <p><b>FEATURED VEGGIES</b> Baked Beans Fresh Veggies</p>	<p>15</p> <p>Chicken Nuggets with a Dinner Roll Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetables Fresh Veggies</p>	<p>16</p> <p><b>Half Day!</b></p> <p><b>Bagged Lunch</b></p>	<p>17</p> <p><b>Spring Break</b></p>	<p>18</p> <p><b>Spring Break</b></p>		
<p>21</p> <p><b>Spring Break</b></p>	<p>22</p> <p>Corn Dog Nuggets Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Veggies</p>	<p>23</p> <p>French Toast Stick (V) with Sausage Hot Dog</p> <p><b>FEATURED VEGGIES</b> Tri Patty Taters Fresh Veggies</p>	<p>24</p> <p><b>Circus Day!</b></p> <p> <b>Bagged Lunch upon arrival back to the school</b></p>	<p>25</p> <p>Orange Chicken with Rice Cheese Pizza (V)</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Baby Carrots</p>		
<p>28</p> <p>Pizza Cruncher (V) Cheese Burger</p> <p><b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Veggies</p>	<p>29</p> <p>Pizzadilla (V) Chicken Nuggets</p> <p><b>FEATURED VEGGIES</b> Steamed Carrots Fresh Veggies</p>	<p>30</p> <p>Pierogis Popcorn Chicken</p> <p><b>FEATURED VEGGIES</b> Green Beans Fresh Veggies</p>				
<p><b>Ariel Cowperthwait, General Manager</b> 570.562.2121 ext. 1174 <a href="mailto:ma1156@metzcorp.com">ma1156@metzcorp.com</a></p>			<p><b>Meal Prices</b> Student Breakfast Faculty Breakfast</p>			<p>FREE \$4.75</p>

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