



**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Strawberry Pancake French Toast Benefit Bar & Cheese Stick	2 Breakfast Pizza (Turkey Sausage, Egg & Cheese) 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>What is a Meal? Students 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>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, chocolate, 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>
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 Turkey Sausage & Pancake on a Stick Nutrigrain Bar with a 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 Breakfast Pizza (Turkey Sausage, Egg & Cheese) French Toast Benefit Bar & Cheese Stick			

Ariel Cowperthwait, General Manager
570-562.2121 ext. 1174
ma1156@metzcorp.com

Meal Prices
Student Breakfast
Faculty Breakfast

FREE
\$3.00



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



Meet Your Nutritious Friend:
Preppy Plantain

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Italian Dunkers (V) Cheeseburger FEATURED VEGGIES Diced Carrots Fresh Veggies	2 Mac n Cheese (V) Popcorn Chicken with a Roll FEATURED VEGGIES Steamed Broccoli Fresh Veggies	3 French Toast Sticks (V) with Sausage Hot Dog FEATURED VEGGIES Tater Tots Fresh Veggies	4 Half Day! Bagged Lunch	<p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, chocolate, and strawberry</p> <p>Weekly Alternates 1-3: Bologna Sandwich 7-11: Chicken Caesar Salad 14-15: Buffalo Chicken Wrap 22-25: Chef Salad 28-30: Ham & Cheese Sandwich</p> <p>Cheese Sandwiches served Daily!</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>
7 Pasta with Meat Sauce Bosco Sticks (V) FEATURED VEGGIES Corn Fresh Veggies	8 Viking Fil-a-Sandwich Cheeseburger FEATURED VEGGIES Peas Fresh Veggies	9 Cheese Quesadilla (V) Chicken Tenders with a Roll FEATURED VEGGIES Glazed Carrots Fresh Veggies	10 Grilled Cheese Sandwich (V) Hot Dog FEATURED VEGGIES Chicken Noodle Soup Fresh Veggies	11 Chicken Patty Sandwich Cheese Pizza (V) FEATURED VEGGIES Steamed Broccoli Fresh Veggies	
14 Walking Tacos Pizza Crunchers (V) FEATURED VEGGIES Baked Beans Fresh Veggies	15 Chicken Nuggets with a Dinner Roll Cheeseburger FEATURED VEGGIES Mixed Vegetables Fresh Veggies	16 Half Day! Bagged Lunch	17 Spring Break	18 Spring Break	
21 Spring Break	22 Orange Chicken over Rice Cheeseburger FEATURED VEGGIES Steamed Broccoli Fresh Veggies	23 French Toast Stick (V) with Sausage Chicken Tenders with a Roll FEATURED VEGGIES Tri Patty Taters Fresh Veggies	24 Italian Dunkers Hot Dog FEATURED VEGGIES Steamed Peas Fresh Veggies	25 Corn Dog Nuggets Cheese Pizza (V) FEATURED VEGGIES Steamed Green Beans Baby Carrots	
28 Pizza Cruncher (V) Cheese Burger FEATURED VEGGIES Steamed Broccoli Fresh Veggies	29 Pizzadilla (V) Chicken Nuggets FEATURED VEGGIES Steamed Carrots Fresh Veggies	30 Pierogis Popcorn Chicken FEATURED VEGGIES Green Beans Fresh Veggies			
<p>Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com</p>			<p>Meal Prices Student Breakfast Faculty Breakfast</p>		

