

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Sausage, Egg, and Cheese Bagel Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	2 French Toast Sticks with Strawberries  Assorted Cereals or Cereal Bar with Graham Crackers	3 Ham, Egg and Cheese on an English Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	4 Blueberry Yogurt Parfait  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</b> (Cinnamon Toast Crunch, Lucky Charms, Mini Wheats)</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>Daily Option:</b></p> <ul style="list-style-type: none"> <li>-Stuffed Bagels</li> <li>-Assorted Poptarts</li> <li>-Assorted Muffins</li> <li>-Greek Yogurt</li> <li>-Mini Waffles or Pancakes</li> </ul> <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 Egg and Cheese on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	8 Sausage, Egg, and Cheese Bagel Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	9 Ham, Egg, and Cheese Bagel Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg and Cheese on an English Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	11 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
14 Sausage, Egg, and on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	15 Sausage, Egg, and Cheese Bagel Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	16 French Toast Sticks with Strawberries  Assorted Cereals or Cereal Bar with Graham Crackers	17 	18 	
21 	22 Sausage, Egg, and Cheese Bagel Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	23 Ham, Egg and Cheese on a Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	24 Egg and Cheese on an English Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	25 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
28 Sausage, Egg, and Cheese on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	29 Sausage, Egg, and Cheese Bagel Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	30 French Toast Sticks with Strawberries  Assorted Cereals or Cereal Bar with Graham Crackers			
<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                      FREE Faculty Breakfast                      \$3.00</p>		

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>Pizza of the Week: Chicken Balsamic Pizza *Friday Only- White Pizza*</b>					<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, chocolate, and strawberry</p> <p><b>Daily Alternates</b> <b>Grab and Go Options:</b> -Fresh Entree Salad of the Week -Yogurt Parfaits -Weekly Cold Cut Sandwiches or Wraps</p> <p><b>From the Grill:</b> -Chicken Nuggets and Tenders -Chicken Patty Sandwich -Cheeseburger</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>
	1	2	3	4	
	French Toast Sticks with Sausage  <b>FEATURED VEGGIES</b> Hash brown Fresh Veggies	Loaded Pierogis  <b>FEATURED VEGGIES</b> Green Beans Fresh Veggies	Tacos  <b>FEATURED VEGGIES</b> Baked Beans Fresh Veggies	Texas Cheeseburger  <b>FEATURED VEGGIES</b> Curly Fries Fresh Veggies	
<b>Pizza of the Week: Buffalo Chicken Pizza *Friday Only- White Pizza*</b>					
7	8	9	10	11	
Ham & Cheese on a Pretzel Bun  <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Veggies	Buffalo Chicken Tot Bowl  <b>FEATURED VEGGIES</b> Steamed Corn Fresh Veggies	Viking-Fil-A Sandwich  <b>FEATURED VEGGIES</b> Waffle Fries Fresh Veggies	Grilled Cheese  <b>FEATURED VEGGIES</b> Tomato Soup Fresh Veggies	Corn Dog  <b>FEATURED VEGGIES</b> Fiesta Corn Fresh Veggies	
<b>Pizza of the Week: Sausage Pizza *Friday Only- White Pizza*</b>					
14	15	16	17	18	
Mashed Potato Bowl  <b>FEATURED VEGGIES</b> Steamed Corn Fresh Veggies	<b>Half Day!</b> Bagged Lunch	<b>Half Day!</b> Bagged Lunch			
<b>Pizza of the Week: Chicken Bacon Ranch Pizza</b>					
21	22	23	24	25	
	Tater Tot Nacho Bowl  <b>FEATURED VEGGIES</b> French Fries Fresh Veggies	Hot Wing Hoagie  <b>FEATURED VEGGIES</b> Steamed Carrots Fresh Veggies	French Toast Sticks with Sausage  <b>FEATURED VEGGIES</b> Hash Brown Fresh Veggies	Hot Ham & Cheese on a Pretzel Roll  <b>FEATURED VEGGIES</b> French Fries Fresh Veggies	
<b>Pizza of the Week: Balsamic Chicken Pizza</b>					
28	29	30			
Cheese Steak Hoagie  <b>FEATURED VEGGIES</b> French Fries Fresh Veggies	Sausage, Egg and Cheese on a Croissant  <b>FEATURED VEGGIES</b> Hash Brown Fresh Veggies	Sloppy Joe Sandwich  <b>FEATURED VEGGIES</b> French Fries Fresh Veggies			
<b>Ariel Cowperthwait, General Manager</b> 570.562.2121 ext. 1174 <a href="mailto:ma1156@metzcorp.com">ma1156@metzcorp.com</a>		<b>Meal Prices</b> Student Breakfast Faculty Breakfast		FREE \$4.75	

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