



**Meet Your Nutritious Friend:
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Fruit Loop Waffle French Toast Benefit Bar & Cheese Stick	2 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>
5 Chocolate Donut Strawberry Yogurt Chex & Cheese Stick	6 Confetti Pancake Strawberry Yogurt Chex & Cheese Stick	7 Mini Chocolate Chip French Toast Strawberry Yogurt Chex & Cheese Stick	8 Lucky Charm Cereal Bar & Cheese Stick Strawberry Yogurt Chex & Cheese Stick	9 Chocolate Chip Muffin & Cheese Stick Strawberry Yogurt Chex & Cheese Stick	
12 Powdered Donuts Belly Bear Graham Cracker & Cheese Stick	13 Strawberry Pancake Belly Bear Graham Cracker & Cheese Stick	14 Apple Frudel Belly Bear Graham Cracker & Cheese Stick	15 Fruit Loop Waffle Belly Bear Graham Cracker & Cheese Stick	16 Turkey Sausage & Pancake on a Stick Belly Bear Graham Cracker & Cheese Stick	
19 Chocolate Donut Nutrigrain Bar & Cheese Stick	20 Poptart & Cheese stick Nutrigrain Bar & Cheese Stick	21 Cinni Mini Nutrigrain Bar & Cheese Stick	22 Cocoa Puff Cereal Bar & Cheese Stick Nutrigrain Bar with a Cheese Stick	23 Blueberry Muffin & Cheese Stick Nutrigrain Bar with a Cheese Stick	
26 	27 Fruit Loops Cereal & Cheese Stick French Toast Benefit Bar & Cheese Stick	28 Strawberry Pancake French Toast Benefit Bar & Cheese Stick	29 Fruit Loop Waffle French Toast Benefit Bar & Cheese Stick	30 Turkey Sausage & Pancake on a Stick 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
			1 Meatball Hoagie Corn Dogs on a Stick FEATURED VEGGIES Steamed Carrots Fresh Veggies	2 Chicken Patty Sandwich Cheese Pizza (V) FEATURED VEGGIES Steamed Green Beans Fresh Veggies	What is a Meal? Students 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 1/2 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
5 Pulled Pork Sandwich Italian Dunkers with Sauce (V) FEATURED VEGGIES Steamed Corn Fresh Veggies	6 Ham and Cheese on a Pretzel Bun Cheeseburger FEATURED VEGGIES French Fries Fresh Veggies	7 Cheesesteak Hoagie Chicken Tenders with a Roll FEATURED VEGGIES Steamed Broccoli Fresh Veggies	8 Chicken Nuggets Hot Dog FEATURED VEGGIES Mixed Steamed Veg Fresh Veggies	9 Breaded Fish Sticks (V) Cheese Pizza (V) FEATURED VEGGIES Steamed Peas Fresh Veggies	
12 Sausage, Egg and Cheese on a Croissant Pizza Cruncher(V) FEATURED VEGGIES Smiley Fries Fresh Veggies	13 Italian Dunkers (V) Cheeseburger FEATURED VEGGIES Diced Carrots Fresh Veggies	14 Mac n Cheese (V) Popcorn Chicken with a Roll FEATURED VEGGIES Steamed Broccoli Fresh Veggies	15 French Toast Sticks (V) with Sausage Hot Dog FEATURED VEGGIES Tater Tots Fresh Veggies	16 Chicken Snack Wrap Cheese Pizza (V) FEATURED VEGGIES Green Beans Fresh Veggies	
19 Viking Fil-a-Sandwich Bosco Sticks (V) FEATURED VEGGIES Corn Fresh Veggies	20 Pasta with Meat Sauce Cheeseburger FEATURED VEGGIES Peas Fresh Veggies	21 Cheese Quesadilla (V) Chicken Tenders with a Roll FEATURED VEGGIES Glazed Carrots Fresh Veggies	22 Grilled Cheese Sandwich (V) Hot Dog FEATURED VEGGIES Chicken Noodle Soup Fresh Veggies	23 Chicken Patty Sandwich Cheese Pizza (V) FEATURED VEGGIES Steamed Broccoli Fresh Veggies	Weekly Alternates 1-2: Ham and Cheese Sandwich 5-9: Popcorn Chicken Salad 12-16: Turkey and Cheese Wrap 19-23: Chicken Caesar Salad 27-30: Ham and Cheese Sandwich
26 	27 Walking Tacos Cheeseburger FEATURED VEGGIES Mixed Vegetables Fresh Veggies	28 Perogies Popcorn Chicken with a Roll FEATURED VEGGIES Baked Beans Fresh Veggies	29 Meatball Hoagie Corn Dogs on a Stick FEATURED VEGGIES Steamed Carrots Fresh Veggies	30 Chicken Nuggets with a Dinner Roll Cheese Pizza (V) FEATURED VEGGIES Steamed Green Beans Fresh Veggies	(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
Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com			Meal Prices Student Lunch Faculty Lunch		FREE \$4.75

