

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, fat-free strawberry
1 	2 Welcome Back!!	3 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	4 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	5 Strawberries & Cream Overnight Oats Cup with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	
8 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	10 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	11 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	12 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
15 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	18 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	19 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
22 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	23 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	24 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	25 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	26 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
29 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	1 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
Your Team Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com		Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$3.00			

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



Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>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> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free chocolate, fat-free strawberry</p> <div>Daily Alternates</div> <p>Fresh Entree Salad of the Week</p> <p>Craveables</p> <p>Weekly Cold Cut Sandwiches & Wraps</p> <p>Hot Grill Items</p>
Pizza of the Week: Sausage					
<div>1</div> <div></div>	<div>2</div> <div>Welcome Back!!</div>	<div>3</div> <div>County Fair Corn Dog</div> <div>FEATURED VEGGIES</div> <div>BBQ Baked Beans</div> <div>Steamed Mixed Veggies</div>	<div>4</div> <div>Turkey & Provolone Sub</div> <div>FEATURED VEGGIES</div> <div>Sidewinder Fries</div> <div>Tomato Mozzarella Salad</div>	<div>5</div> <div>Buffalo Chicken Dip with Tortilla Chips</div> <div>FEATURED VEGGIES</div> <div>Lemon-Parmesan Broccoli</div> <div>Baby Carrots</div>	
Pizza of the Week: Buffalo Chicken					
<div>8</div> <div>Chicken Tenders with Seasoned Rice</div> <div>FEATURED VEGGIES</div> <div>Steamed Mixed Veggies</div> <div>Tomato Mozzarella Salad</div>	<div>9</div> <div>Nachos Grande</div> <div>FEATURED VEGGIES</div> <div>Ranch Refried Bean Dip</div> <div>Fresh Pico de Gallo</div>	<div>10</div> <div>Hawaiian Pork Sandwich on Toasted Ciabatta</div> <div>FEATURED VEGGIES</div> <div>Sweet Potato Fries</div> <div>Fresh Pineapple Slaw</div>	<div>11</div> <div>Breakfast For Lunch: Egg, Ham & Cheese Croissant</div> <div>FEATURED VEGGIES</div> <div>Tri Hash Brown</div> <div>Fresh Cucumbers</div>	<div>12</div> <div>Cheesy Pizza Crunchers with Marinara (V)</div> <div>FEATURED VEGGIES</div> <div>Roasted Zucchini</div> <div>Caesar Salad</div>	
Pizza of the Week: Ranch Pickle					
<div>15</div> <div>Chicken Nuggets with Buttered Noodles</div> <div>FEATURED VEGGIES</div> <div>Cheesy Carrot Casserole</div> <div>Broccoli Salad</div>	<div>16</div> <div>Beef Soft Tacos w/ Salsa</div> <div>FEATURED VEGGIES</div> <div>Steamed Golden Corn</div> <div>Celery Sticks</div>	<div>17</div> <div>Chicken Alfredo served over Penne Pasta w/ Garlic Toast</div> <div>FEATURED VEGGIES</div> <div>Chickpea Salad</div> <div>Steamed Broccoli</div>	<div>18</div> <div>Buffalo Chicken Flatbread</div> <div>FEATURED VEGGIES</div> <div>Steamed Garden Peas</div> <div>Tomato Mozzarella Salad</div>	<div>19</div> <div>Fish Sandwich</div> <div>FEATURED VEGGIES</div> <div>Tater Tots</div> <div>Apple Cider Slaw</div>	
Pizza of the Week: Ham & Cheese					
<div>22</div> <div>Spicy Chicken Patty Sandwich</div> <div>FEATURED VEGGIES</div> <div>Mixed Vegetables</div> <div>Garden Side Salad</div>	<div>23</div> <div>Homemade Macaroni & Cheese (V)</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli</div> <div>Chickpea Salad</div>	<div>24</div> <div>Hot Ham & Cheese Pretzel Melt</div> <div>FEATURED VEGGIES</div> <div>Sweet Potato Fries</div> <div>Mandarin Side Salad</div>	<div>25</div> <div>Bacon Cheeseburger w/ J Clarke Grill Sauce</div> <div>FEATURED VEGGIES</div> <div>Crinkle Cut Oven Fries</div> <div>Coleslaw</div>	<div>26</div> <div>Italian Dunkers with Marinara (V)</div> <div>FEATURED VEGGIES</div> <div>Steamed Green Beans</div> <div>Caesar Side Salad</div>	
Pizza of the Week: BBQ Chicken					
<div>29</div> <div>General Tso's Chicken over White Rice</div> <div>FEATURED VEGGIES</div> <div>Steamed Broccoli</div> <div>Cucumber Salad</div>	<div>30</div> <div>Nachos Grande</div> <div>FEATURED VEGGIES</div> <div>Curly Fries</div> <div>Black Bean Salsa</div>	<div>1</div> <div>Chicken Parm Sandwich</div> <div>FEATURED VEGGIES</div> <div>Cheesy Carrot Casserole</div> <div>Side Caesar Salad</div>	<div>2</div> <div>Classic Toasted Cheese Sandwich (V)</div> <div>FEATURED VEGGIES</div> <div>Tomato Soup</div> <div>Celery Sticks</div>	<div>3</div> <div>Popcorn Chicken Mashed Potato Bowl with Roll</div> <div>FEATURED VEGGIES</div> <div>Steamed Corn</div> <div>Broccoli Salad</div>	
<div>Your Team</div> <div>Ariel Cowperthwait, General Manager</div> <div>570.562.2121 ext. 1174</div> <div>ma1156@metzcorp.com</div> <div>Meal Prices</div> <div>Student Lunch</div> <div>Reduced Lunch</div> <div>Faculty Lunch</div> <div>FREE</div> <div>FREE</div> <div>\$4.85</div> <div></div>					



Metz

CULINARY MANAGEMENT

ENVIRONMENTAL SERVICES

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

