

**PARTY
PUMPKIN**

**Meet Your Nutritious Friend:
Party Pumpkin**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Double Chocolate Muffin & Cheese Stick 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
6 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	7 Mini Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	8 Blueberry Muffin & Cheese Stick Assorted Cereals or Cereal Bar with Graham Crackers	9 Blueberry Waffle Assorted Cereals or Cereal Bar with Graham Crackers	10 Strawberry Pop tart with Belly Bear Crackers Assorted Cereals or Cereal Bar with Graham Crackers
13 	14 Mini Chocolate Donuts Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Chip Muffin & Cheese Stick Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Blueberry Bread Assorted Cereals or Cereal Bar with Graham Crackers
20 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	22 Banana Muffin & Cheese Stick Assorted Cereals or Cereal Bar with Graham Crackers	23 Blueberry Waffle Assorted Cereals or Cereal Bar with Graham Crackers	24 Fruit Loop Waffle Assorted Cereals or Cereal Bar with Graham Crackers
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Mini Chocolate Donuts Assorted Cereals or Cereal Bar with Graham Crackers	29 Double Chocolate Muffin & Cheese Stick Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	31  Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers

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
(served with graham crackers)**

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

(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 Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

PARTY PUMPKIN

Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Waffle Flatbread Sandwich (V) Or Mini Corn Dogs FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	2 Chicken Patty on a Bun Or Chicken Tenders with a Roll FEATURED VEGGIES Steamed Corn Romaine Salad	3 Toasted Pepperoni Pizza Flatbread Sandwich Or Hot Dog on a Bun FEATURED VEGGIES Diced Tomatoes Roasted Zucchini
6 Chicken Nuggets with Roll Or Chicken Patty Sandwich FEATURED VEGGIES Oven Fries Red Pepper Strips	7 Macaroni & Cheese (V) Or Cheeseburger FEATURED VEGGIES Green Beans Caesar Salad	8 Turkey & Cheese Melt on a Croissant Or Chicken Nuggets w/ Dinner Roll FEATURED VEGGIES Mashed Potatoes Green Pepper Strips	9 Toasted Cheese Sandwich (V) Or Chicken Tenders w/ Dinner Roll FEATURED VEGGIES Tomato Soup Corn Salad	10 Cheese Pizza (V) Or Hot Dog on a Bun FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad
13 	14 Chicken & Cheese Quesadilla Or Cheeseburger FEATURED VEGGIES Street Corn Salad Salsa	5 Asian Sesame Chicken over Rice Or Chicken Nuggets w/ Dinner Roll FEATURED VEGGIES Steamed Broccoli Carrot Sticks	16 Hot Ham & Cheese on a Pretzel Roll Or Chicken Tenders w/ Dinner Roll FEATURED VEGGIES Baked Beans Caesar Side Salad	17 Cheese Pizza Crunchers with Dipping Sauce (V) Or Hot Dog on a Bun FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad
20 Chicken Nuggets with Roll Or Chicken Patty Sandwich FEATURED VEGGIES Tater Tots Side Salad	21 Beef Soft Tacos Or Cheeseburger FEATURED VEGGIES Refried Beans Salsa	22 Italian Dunkers Or Chicken Nuggets w/ Dinner Roll FEATURED VEGGIES Glazed Carrots Broccoli Salad	23 Corn Dog Or Chicken Tenders w/ Dinner Roll FEATURED VEGGIES Curly Fries Apple Cider Slaw	24 Pepperoni Pizza Or Hot Dog on a Bun FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad
27 Sloppy Joe on Brioche Roll Or Chicken Patty Sandwich FEATURED VEGGIES Oven Fries Chickpea Salad	28 Walking Taco with Pretzel Stick Or Cheeseburger FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	29 Cheesesteak on a Roll Or Chicken Nuggets w/ Dinner Roll FEATURED VEGGIES Tater Tots Ranchero Carrots	30 Chicken Alfredo with Garlic Breadstick Or Chicken Tenders w/ Dinner Roll FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	31 Half Day Bagged Lunch Happy Halloween!!!

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 chocolate, fat-free strawberry

Daily Alternatives by week:

1ST-3RD: Chef Salad w/ Dinner Roll
6th-10th: Turkey & Cheese Wrap
13th- 17th: Garden Salad with Goldfish & Dinner roll
20th-24th: Super Fruit Craveable
27th-31st: Turkey & Cheese Wrap

Served Daily: Cheese

Sandwich and Sun Butter & Jelly Uncrustable

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

Ariel Cowperthwait, General Manager
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Meal Prices

Student Lunch	\$0.00
Reduced Lunch	\$0.00
Faculty Lunch	\$4.85

