



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 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
		1 Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	2 <b>Early Dismissal</b> Breakfast Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	3 <b>No School</b>	
6 <b>No School</b>	7 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	8 Sausage Egg Cheese Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg & Cheese Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers	
13 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	17 Bacon Egg & Cheese on English Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	
20 Donut Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	22 Egg & Cheese Waffle Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	24 Bacon Egg & Cheese on Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers		
<b>Your Team</b> Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 <a href="mailto:ma1124@metzcorp.com">ma1124@metzcorp.com</a>		<b>Meal Prices</b> Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.94			

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

