



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	6 Assorted Donuts Assorted Cereals or Cereal Bar with Graham Crackers	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.
9 Bagel w/ Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	13 Early Dismissal Birthday Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Cereals (served with graham crackers) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios
16 No School Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	19 Strawberries & Cream Overnight Oats Cup with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	20 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
23 Pancakes w/ Syrup Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	26 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg & Cheese Waffle Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
Your Team Kaitlin Hannigan, General Manager P: 570.255.2799 ma1124@metzcorp.com		Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.94		 	