

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 Knight Griddle Assorted Cereals or Cereal Bar with Graham Crackers	6 Bacon Egg & Cheese Waffle Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	<p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit or Vegetable</li> <li>- Choice of Milk</li> </ul> <p>A minimum <math>\frac{1}{2}</math> cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p>
9 Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Donut Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	13 Early Dismissal Sausage Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>Whole Grain Cereals (served with graham crackers)</b></p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p>
16 No School	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	19 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	20 Waffles w/ Syrup Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p>
23 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	26 Ham Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
<b>Your Team</b>		<b>Meal Prices</b>			 <b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES
Kaitlin Hannigan, General Manager P: 570.255.2799 <a href="mailto:ma1124@metzcorp.com">ma1124@metzcorp.com</a>		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.

