



Meet Your Nutritious Friend:  
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 No School	2 No School
5 Banana Muffin Or Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	6 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	7 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	8 Strawberry Overnight Oats Assorted Cereals or Cereal Bar with Graham Crackers	9 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers
12 Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	14 Bagel with Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers	15 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	16 Early Dismissal Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
19 No School	20 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	21 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	22 Blueberry Overnight Oats Assorted Cereals or Cereal Bar with Graham Crackers	23 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers
26 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	27 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	29 Strawberry Overnight Oats Assorted Cereals or Cereal Bar with Graham Crackers	30 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers
<b>Your Team</b> <b>Kaitlin Hannigan, General Manager</b> 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				
				