

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29	30	31	1 No School	2 No School	<p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk <p>A minimum $\frac{1}{2}$ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p>
5 Chocolate Chip French Toast 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 Ham Egg Cheese on English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	9 Knight Griddle Assorted Cereals or Cereal Bar with Graham Crackers	<p>Whole Grain Cereals (served with graham crackers)</p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p>
12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	15 Sausage Egg Cheese on Donut Assorted Cereals or Cereal Bar with Graham Crackers	16 Dutch Waffle Early Dismissal Assorted Cereals or Cereal Bar with Graham Crackers	<p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p>
19 No School	20 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	21 Ham Egg Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	22 Bacon Egg Cheese on Croissant Assorted Cereals or Cereal Bar with Graham Crackers	23 Egg and Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	
26 French Toast Stick with Syrup 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 Sausage Egg Cheese On Waffle Assorted Cereals or Cereal Bar with Graham Crackers	30 Ham Egg & Cheese on English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com		Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.94		  Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES	

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

