



Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b>  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 ½ 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
29	30	31	1  No School	2  No School	
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	
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 <b>Early Dismissal</b>  Assorted Cereals or Cereal Bar with Graham Crackers	
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	
<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.

