

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
2  Chefs Choice  <b>FEATURED VEGGIES</b> Veggie	3  Chefs Choice  <b>FEATURED VEGGIES</b> Veggie	4  Chefs Choice  <b>FEATURED VEGGIES</b> Veggie	5  Chefs Choice  <b>FEATURED VEGGIES</b> Veggie	6  	
9	10	11	12	13	<b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <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, chocolate,
16	17	18	19	20	
23	24	25	26	27	<b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
30					
<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 \$2.25 Reduced Breakfast \$0.00 Faculty Breakfast \$0.350		 <b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Enjoy Your Summer!

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

