

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? 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. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, fat-free strawberry
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 Ham Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	
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 Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	13 Bacon Egg & Cheese on English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
16 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	19 EARLY DISMISSAL Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	20 No School Assorted Cereals or Cereal Bar with Graham Crackers	
23 Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	26 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	27 Waffle Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	
30 French Toast w/ Syrup Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers				
Your Team Kaitlin Hannigan, General Manager P: 570.255.2799 ma1124@metzcorp.com		Meal Prices 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.

