


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 white, fat-free chocolate,
				1 Ham Egg Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
4 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	6 Sausage Egg Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	7 Knight Griddle Assorted Cereals or Cereal Bar with Graham Crackers	8 Bacon Egg Cheese on English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
11 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	14 Ham Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	15 <u>Early Dismissal</u> Sausage Egg Cheese Donut Assorted Cereals or Cereal Bar with Graham Crackers	
18 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	20 Bacon Egg Cheese Assorted Cereals or Cereal Bar with Graham Crackers	21 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	22 <u>Early Dismissal</u> Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
25 <u>School Closed</u>	26 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	28 Egg & Cheese on Bagel Assorted Cereals or Cereal Bar with Graham Crackers	29 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			

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

