


Monday	Tuesday	Wednesday	Thursday	Friday	<p>What is a Meal?</p> <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 ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with graham crackers)</p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <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 strawberry</p>
		1 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	2 NO SCHOOL!	3 NO SCHOOL!	
6 NO SCHOOL!	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	9 Mini Maple French Toast Assorted Cereals or Cereal Bar with Graham Crackers	10 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
13 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
20 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini Maple French Toast Assorted Cereals or Cereal Bar with Graham Crackers	24 Strawberry Pull Apart Bagels Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers		
Your Team Tanya Hughes, General Manager 570.874.0468 ext. 2124 ma1152@metzcorp.com		Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$1.95			



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

