




**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	2 Egg and Cheese on a Croissant Assorted Cereal Bars with Graham Crackers	3 Mini Chocolate Chip French Toast Bites Assorted Cereal Bars with Graham Crackers	4 Apple Frudel Assorted Cereal Bar with Graham Crackers	<p>What is a Meal? 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 - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereal Bars (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
7 Mini Cinnis Assorted Cereal Bars with Graham Crackers	8 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	9 Pancake on a Stick Assorted Cereal Bars with Graham Crackers	10 Mini French Toast Bites Assorted Cereal Bars with Graham Crackers	11 Dutch Waffle Assorted Cereal Bars with Graham Crackers	
14 Mini Powdered Donuts Assorted Cereal Bars with Graham Crackers	15 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	16 Egg and Cheese on a Croissant Assorted Cereal Bars with Graham Crackers	17 Mini Chocolate Chip French Toast Bites Assorted Cereal Bars with Graham Crackers	18 NO SCHOOL 	
21 NO SCHOOL 	22 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	23 Pancake on a Stick Assorted Cereal Bars with Graham Crackers	24 Mini French Toast Bites Assorted Cereal Bars with Graham Crackers	25 Dutch Waffle Assorted Cereal Bars with Graham Crackers	
28 Mini Chocolate Donuts Assorted Cereal Bars with Graham Crackers	29 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	30 Pancake on a Stick Assorted Cereal Bars with Graham Crackers			

Tanya Hughes, General Manager
570.874.0446 ext. 2124
ma1152@metzcorp.com

Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$1.95

