



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
4 Mini Cinni Rolls Assorted Cereal Bars with Graham Crackers	5 Mini Cinnamon Toast Crunch French Toast Assorted Cereal Bars with Graham Crackers	6 Apple Strudel Assorted Cereal Bars with Graham Crackers	7 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	8 Mini Blueberry Pancakes Assorted Cereal Bars with Graham Crackers
11 Mini Blueberry Donut Holes Assorted Cereal Bars with Graham Crackers	12 Mini French Toast Assorted Cereal Bars with Graham Crackers	13 Egg and Cheese Croissant Assorted Cereal Bars with Graham Crackers	14 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	15 Mini Strawberry Pull Apart Bagels Assorted Cereal Bars with Graham Crackers
18 Glazed Dunkin Sticks Assorted Cereal Bars with Graham Crackers	19 Mini French Toast Bites Assorted Cereal Bars with Graham Crackers	20 Mini Pull Apart Cinnamon Cream Cheese Bagels Assorted Cereal Bars with Graham Crackers	21 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	22 Dutch Waffle Assorted Cereal Bars with Graham Crackers
25 NO SCHOOL!	26 Mini Cinnamon Toast Crunch French Toast Assorted Cereal Bars with Graham Crackers	27 Egg and Cheese Croissant Assorted Cereal Bars with Graham Crackers	28 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	29 Apple Strudel Assorted Cereal Bars with Graham Crackers

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 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereal Bars (served with graham crackers)
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, fat-free strawberry

Friday May 1st is School Lunch Hero Day! Make sure to thank our amazing cafeteria staff for all that they do for our students and staff! You are appreciated!

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

