



**Meet Your Nutritious Friend:
"Papa" Corn**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	2 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	3 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	4 Apple Frudel Assorted Cereals or 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 Cereals (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> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
7 Mini Cinnis Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	9 Pancakes on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	10 Mini French Toast Bites Assorted Cereals or Cereal Bar with Graham Crackers	11 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
14 No School	15 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	16 Egg and Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	17 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	18 Cinnamon Bagel Assorted Cereals or Cereal Bar with Graham Crackers	
21 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	23 Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers	24 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	25 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
28 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	29 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	30 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	31 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers		

Tanya Hughes, General Manager
570-874-0466 ext.2121
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.