




Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
	1 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	2 Egg and Cheese on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini Chocolate Chip French Toast Bites  Assorted Cereals or Cereal Bar with Graham Crackers	4 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p>						
7 Mini Cinnis  Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	9 Pancake 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 Mini Blueberry Glazed Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	16 Egg and Cheese on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	17 Mini Chocolate Chip French Toast Bites  Assorted Cereals or Cereal Bar with Graham Crackers	18 <b>NO SCHOOL</b> 							
21 <b>NO SCHOOL</b> 	22 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	23 Pancake on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini French Toast Bites  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 and Cheese on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers									
<p><b>Tanya Hughes, General Manager</b> 570.874.0466 ext. 2124 <a href="mailto:ma1152@metzcorp.com">ma1152@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$1.95</td> </tr> </table>		Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$1.95	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

