



Monday	Tuesday	Wednesday	Thursday	Friday	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 ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> 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! 
				1 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
4 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	6 Mini Blueberry Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	7 Mini Cinnamon Toast Crunch French Toast Assorted Cereals or Cereal Bar with Graham Crackers	8 Mini Blueberry Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	
11 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	14 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	15 Mini Strawberry Cream Cheese Pull Apart Bagels Assorted Cereals or Cereal Bar with Graham Crackers	
18 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	20 Cherry Strudel Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini French Toast Bites Assorted Cereals or Cereal Bar with Graham Crackers	22 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
25 NO SCHOOL!	26 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg and Cheese on an English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	28 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	29 Apple Strudel 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.

